

La Laisse

*A Common sense
Approach
To
Dominance and Submission*



Soduire

La Laisse

La Laisse

A Common Sense Approach
to Dominance and
Submission

by Soduire

La Maison du Raison
1442 E. Lincoln Ave. Suite 107
Orange, CA 92865

Copyright © 1999 by Soduire

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by informational storage or retrieval system without the written permission of the author.

Published by La Maison du Raison

1442 E. Lincoln Ave., Suite 107, Orange, CA 92865

Cover Design by Cover Art & Design ©1999 Cosmic Graffiti
cosmic.graffiti@usa.net

Photos by Michael Bell, Philadelphia PA, Fashion Fotografer
<http://idt.net/~p3364/index.html>

ISBN: 0-9671287-0-6

SAN: 299-8726

Printed in the United States of America

Dedication

This book is in loving memory of
Donna, charge and daughter,
and Gina, glorious in her joyfulness
and
to all the wonderful charges who have come before
and will come after.

Beyond the End

Raven 7/23/95

*The wheel turns, grinding my heart to dust
can the phoenix rise again?
Softly I cry, and whisper your name
will the fire caress or burn?
I know your darkness, I have looked within
will the abyss call me home?
Mirrored in your eyes, the man you think I want
can the mask come down?
Deeper and deeper, spirals the mind's eye
what is beyond the end?
In perfect love and perfect trust, I bare my throat
will the blade drink tonight?
All that I am and can be, offered freely
will you destroy or love?*

Soduire

Raven 12/22/94

*Oh, Lady bold and Lady bright
Child of the sun, queen of the night.
Teacher, friend, beloved of all
You're there for us when we fall.
Known to many, understood by few
Eternal mystery, that's you.
You give us wings, teach us to fly
But who's there for you when you cry?
Maid and mother, child and crone
Faith, fear, love, hope, earth, air, alone.
Oh, mate you are to feline grace
And mother to a warrior race.
With wisdom's ways and heartfelt sigh
With joy and tears both in your eye.
The mystery deepens, questions asked
Unknown future, shadowed past.*

Contents

<i>Dedication</i>	<i>v</i>
<i>Beyond the End, Soduire.....</i>	<i>vi</i>
<i>Acknowledgements.....</i>	<i>viii</i>
<i>Introduction.....</i>	<i>ix</i>
Section 1: The Basics	1
Chapter One: People.....	2
Chapter Two: Safety	14
Chapter Three: Relationships	26
Chapter Four: Partners	36
Section 2: The Art of Submission	52
Chapter Five: Service.....	53
Chapter Six: Sensual Massage	63
Chapter Seven: Sexual Service.....	69
Chapter Eight: Ritual.....	80
Chapter Nine: Posture and Stance	89
Section 3: Tools of The Trade.....	108
Chapter Ten: Sexual Implements	109
Chapter Eleven: Small Implements	117
Chapter Twelve: Striking Implements	128
Chapter Thirteen: Clamps, Weights and Spreaders.....	145
Chapter Fourteen: Large Equipment.....	151
Section 4: Types of Play.....	157
Chapter Fifteen: Shaving—Cock and Balls	158
Chapter Sixteen: Sessions	165
Chapter Seventeen: Types of Sessions	172
Chapter Eighteen: Body Markings.....	185
Chapter Nineteen: Pony and Puppy Training	194
Appendix A: Books, Video, Art	208
Appendix B: Information/Interview Form	213
Appendix C: Questions a Charge Asks a Potential Master	221
Appendix D: Sample Negotiation Contracts	223
Appendix E: Master to Slave Demands	225
Glossary	228
Soduire	234

Acknowledgements

This book is the culmination of years of notes, workshop handouts and short posts, which I have written over many years and placed into a comprehensive venue. Many of the topics discussed throughout the book came to light during a Monday night forum on AmericaOnline® consisting of a wonderful group of ever changing Ladies. I would like to thank the hundred or so Ladies for their undying support and encouragement during the years it took to write this book. I would also not have been able to write this book without the encouragement of William and my Uncle Martin. They stood by when I was at my lowest and cheered me on at my highest. The two people who were responsible for getting me started on this project I can only thank in passing, Donna and Burton, for shortly after the book's conception both passed on to their final rest. Not to go unmentioned, are my two sons, the eldest who thought at first the book a lark and the youngest son, who kept asking for food when I was most involved in writing. To both of you, thank you for your patience. A special thanks goes to Anne, Char, and Paula for all your help.

Introduction

No one should be treated with disrespect at any moment of his or her life. Every individual should and deserves to be treated with an equality of respect, be they dominant or submissive. As a part of the human race and with the morals, personal feelings and fears of such, everyone deserves a full measure of dignity and respect. Thus, this book is dedicated to those charges, both male and female, which believe fully in their hearts and in their minds, this lifestyle beacons to them. It is most important that a Master, Mistress, slave, charge, or any other term you might use to define a person, unless they prove otherwise to be unworthy, be accorded an equal measure of respect. This holds well to all stations in life and in dealing with all people on a daily basis.

Two thoughts of this lifestyle, which each reader should keep in mind while reading this book: First, all relationships no matter what lifestyle have a dominant and passive side. And secondly, all individuals have a naturally dominant and passive side. This is perfectly natural in the human species. Those of us who are or have been deeply involved in this lifestyle simply carry this further and translate the natural tendencies to the fulfillment of erotic needs or desires, in ways foreign to the uninformed.

Those individuals, who exhibit or display openly, a supposed lack of self worth or possess a terribly negative self-image, have little business and a great deal of potential self harm in entering this lifestyle. As well, those who suffer from drug or alcohol addiction, those with a history or tendency to the physical abuse of oth-

ers should steer well clear of this lifestyle. Such illnesses only complicate all issues and are potentially dangerous to those they might encounter.

Most important, it must be impressed strongly upon everyone that the lifestyle is NOT a game! There needs be serious consideration made before entering this lifestyle because a dramatic change will happen in your life. You must look inward. Search carefully your motives, convictions, and what you hold most dear in your heart before jumping in where you may not belong. You must truly conduct a soul search, speak with others within the lifestyle and draw from this your own unique and very personal conclusions as to where your expectations and limitations lie.

It is important to understand that no two individuals have exactly the same likes and dislikes, the same needs and wants or are in total agreement on much of anything. It is also important to understand that no two people have the exact same personalities, morals, or personal qualities. It is also important to know and fully understand the terminology used in this lifestyle and by your partner. Although vocabulary varies slightly from individual to individual and region to region, each person must understand where their personal needs lie.

Boundaries clearly defined are an important issue and then once set are the basis for growth of the relationship. Boundaries must be well discussed, defined, and agreed to by all the partners involved, before the commencement of any Ds relationship. Love or lust often blinds an individual and they accept another's demands, unaware or unknowledgeable of how truly dangerous this can be.

Safe, sane and consensual relationships are the key issues here. Not blind obedience as so many individuals actually think, or as many would like to lead you to think in this lifestyle. Such blind obedience in the wrong hands or controlled by an unwell mind can simply, dear readers, result in your death. Said to frighten the reader? No, simply a truth that in the hands of an untrained, unskilled or simply overly sadistic individual can and will have extreme consequences upon your life and well being. Each person considering this lifestyle should know and consider well before committing to any Ds relationship.

At the end of this book, you will find a glossary of terms used throughout. Please for your own good, consult this glossary as you encounter terms you might not be familiar with and perhaps even those you are since my definitions may vary from yours. Preconceived notions of terms can be terribly wrong and again, I stress the importance of knowledge. An ancient sage once offered, "Ignorance is bliss." (He) did not live this lifestyle or (he) would have never uttered such misleading advice.

Dear reader, commence now to learn of and to understand this lifestyle of near perfect love, passion, devotion, and the joys, only this lifestyle may offer.

Section One—The Basics



Chapter 1: People

The following is a collective of terms and definitions you as the reader, will encounter throughout this book. As a new charge or one that is used to speaking with others of the lifestyle, you will come across these terms at meetings, parties, on line and always in real life meetings with a potential Dominant. This introduction to the lifestyle's terminology will vary widely in different portions of the country and world. Some individual's use of the terms also vary as time goes by, but these terms are most common in today's lifestyle and throughout the United States.

Perhaps in reading these definitions and beginning to understanding them, you might ask yourself what appeals to you, and then ask yourself, Why? You will begin to understand what your own hopes; desires and goals are before pursuing a Ds relationship. This will enable you to be more open and honest with yourself and with others. Of course, some people have had these feelings or have fantasized about various aspects of a Ds relationship, from a very early age. Many people discovered these tendencies much later in life, and for still others, Ds is just a natural and everyday part of any personal relationship.

Ds is defined as Dominance and submission. It is a term used to describe a relationship between partners that involves good communication, honesty, and trust. The submissive partner serves the Dominant by following the Dominant's bidding. The Dominant, in turn, cares for and guides the submissive to strive for mutually desired goals. This is accomplished by completing agreed upon tasks, such as dressing as the Dominant desires and involvement in the lifestyle so

both parties' needs are met. Ds can be non-physical and in some relationships confined to the mental aspect of submission only.

BD is defined here as bondage and discipline. BD is but one portion of the physical form of this section of the lifestyle. Many people in the lifestyle call BD activities "sessions" or "play." This can include, but is not limited to, the use of restraints such as leather cuffs, spreader bars, and rope. Discipline for most includes the use of tools and can involve bondage. The "D" in bondage and discipline is not limited to spanking or flogging. It includes other tools and equipment as well as the mental aspects.

SM is sadomasochism, which involves one partner inflicting varied amounts of pain upon the other. Sadomasochism may or may not, be combined with DS and BD. Types of sessions might include whipping, caning, blood sports, branding, other types of very intense pain or in many cases, a combination of all of these.

Each person's style is different, but most agree on the same doctrine: "Safe, Sane, and Consensual." Every individual involved in a relationship or session needs to discuss the conditions, wants, and desires within the limits of all concerned. The trusting of one's partner in Ds, BD, and/or SM is an important issue. The charge gives her/him self freely in trust, therefore, the Dominant must keep within the limits of play as defined beforehand. The Dominant must be aware of the charge's response in any type of session, be it physical or mental.

Master/Mistress: An individual usually well trained and well experienced in this lifestyle.

Masters/Mistresses fall into several different categories. Some Masters/Mistresses will have only one

charge to whom they administer. Others will have multiple charges whose lives to some degree is directly under their control. Some will practice only the art of Ds; others only BD, still others only SM, while others combine some or all of these aspects of the three general areas of this lifestyle. Masters/Mistresses who train submissive individuals for other Dominants are called "Trainers." There are those who "play for pay," also called "Pros." There are also those who quietly keep one or more charges, often a husband or wife practicing a closet lifestyle.

Additionally, Masters/Mistresses are of several generalized groups. Some follow the ways of the whip, chain, and leather community. Others practice in the European or Oriental styles and yes, others follow no particular dictate, combining many facets of each style to meet their own needs. A Master's sexual orientation may be homosexual and they might administer only to other males. Mistresses who are lesbians, by the same token, may administer only to female charges. However, the gay and lesbian Ds community can and do cross gender lines. Many Masters/Mistresses only take the opposite gender as a submissive, to avoid same gender relationships.

Top: The Dominant person in the relationship, but not necessarily a Master/Mistress.

The Dominant as a "top" generally directs the actions or involvement of the bottom or submissive. A top controls the safety aspects of the relationship during interpersonal play. A good top plans well ahead with the ultimate enjoyment and satisfaction of both parties well in mind.

Dom/Domme: A variation to the terms Master/Mistress or Dominant, however usually is lacking in formal

training, though they may have practiced the lifestyle for some length of time.

These are some of the qualities one should look for in a good Dom, Domme, Master, or Mistress. First is the personal **CONTROL** of himself or herself. If an individual cannot control their behavior, how can they control someone else? This is for all areas of their life, not just within the confines of the Ds relationship. A good Dominant should be **CREATIVE**, using their imagination to come up with new and different ideas. Again, not just in the Ds lifestyle, but in all areas of their life. Do you want to go to the same Chinese restaurant and eat the same dinner week after week?

Dominants know they are human and by being human this means they are going to make mistakes. This is something they recognize in others, too, that everyone makes mistakes. When mistakes occur, the Dominant admits to them and openly discusses, rectifies, and puts them in the past. A good Dominant is **COMPASSIONATE**. They care about their family, friends, and their charges and in general, for all humans. They take time to listen, and respond to others. They do not have the illusion that the world revolves around them.

A Dominant is **CONSISTENT** in all areas of life. When dealing with charges, instructions and requests are not conflicting or condescending. Requests, suggestions and orders are firm in their direction, especially when faced with a difficult situation and/or decision. A Dominant, first off, **RESPECTS** him/her self, for without self-respect, they cannot respect another. A Dominant always strives to project him/her self in the best possible way. They are not egotistical or arrogant in manner. Along with respect, a Dominant above all must be honest, not only with him/her self, but everyone involved in their day-to-day life. How can

a charge trust someone who is not totally honest with his or her safety and even life?

Dominatrix: A Dominant female individual who charges money for topping others.

The Dominatrix fulfills fantasies or the needs of an individual without a Dominant or those who come to visit the lifestyle on an occasional basis.

Submissive: An individual who willingly submits to be controlled by another individual.

Submission occurs in both males and females with each charge expressing submission in their own way. Submission is NOT a sign of weakness or inferiority. Some of the strongest, most successful people in our society are submissive in their personal relationships. Submissives on the whole are intelligent, creative and highly motivated people.

Many are enticed into becoming submissive by the idea that the lifestyle is quite romantic. There are those who feels that high self-esteem and being constantly cared for is what they ultimately expect from this lifestyle. What many do not realize is that submission is very hard work and learning to please another is not always easy. This is not a venue for people who hold negative self-image. By the same token, Ds is not a place to look for positive self-image; it is up to you to bring a positive self-image.

As a companion, the charge is treated with respect and dignity and is allowed to voice opinions. As a student the charge learns how to please the Dominant and expects rewards for doing well. Moreover, when something is not completed or has been finished incorrectly, the charge expects to be corrected and directed in a clear manner.

The submissive, as the Dominant's lover, goes out of his/her way to please the Dominant because he/she genuinely cares for the Dominant's pleasure. The charge does this, not out of fear of pain or retribution, but by the virtue of the great joy derived from the giving of pleasure. The charge does not want the Dominant to be disappointed with him/her and takes his/her pleasure from the fact the Dominant is pleased.

There are many ways for the submissive to please a Dominant. One way of pleasing a Dominant is accepting direction in everyday life around the house. Many submissives derive happiness by dressing in the manner that pleases the Dominant. Preparing foods to order and eating in the method of the Dominant's choice is another simple way to show one's submissiveness.

As a submissive, you have the right and responsibility to determine what you will and will not do. These boundaries are called "limits." The submissive during Ds activities has to rely on the Master/Mistress to be aware of these limits and respect this critical part of the charge's role. The charge's surrender of control gives the Master/Mistress the freedom to do what is needed. This must never exceed the boundaries that were agreed to by both parties.

During the relationship, adjustments to these limits are made as communication and awareness of each other becomes clearer. It is the responsibility of the Master/Mistress to expand and create new limits and or boundaries. It is the charge's responsibility to understand, strive for, and integrate these new limits and boundaries into their lives.

The submissive has the responsibility and the right to communicate with the Master/Mistress, to ask questions, to make requests, and to share feelings and intimacies. These include wants, needs, desires,

and concerns. After such discussion the charge must, of course, defer to the Master's or Mistress's judgment. A submissive has the right to request release from the Ds relationship if needs, wants and desires remain unsatisfied and if any aspect of the charge's sense of well being is unmet.

Points of view vary greatly on the term and meaning of submissive. Equally, there are as many variations in form, content, and context as are found in any type of relationship. Submission is the freedom of giving or offering oneself to another person. This is the most personal of gifts, as it shows the degree of trust, respect, and in some cases, love with which the giving individual honors the relationship.

The submissive role varies greatly to those they serve and the following terms are most often associated with a submissive:

Sub: A submissive of either gender

Slave: A submissive of either gender "owned" by another individual. A slave once agreed upon gives up all rights to make personal decisions. Generally the relationship is a quite intense and long-term.

Sex Slave: A submissive of either gender who is trained and used primarily for sexual gratification of the Dominant and/or for sexual display, performance, or manipulation by and for either gender.

Charge: Submissive of either gender or a term most generally associated with some European styles of a Ds relationship.

Bedroom Submissive: A submissive of either gender that is primarily sexually oriented and/or is

trained to offer sexual gratification to either or both genders. This term differs from that of sex slave in this person is often the husband or wife of the Dominant partner or simply enjoys being sexually utilized in varied erotic and unique manners. This term applies as well to those who are not really of or involved with the lifestyle, but wish to be utilized sexually by multi and varied partners for their own gratification.

Maid: A submissive of either gender who willingly submits to utilization in Domestic services.

Houseboy: A male maid

Pet: Often associated with the submissive trained to animalistic manner and approach such as dog training. The term, "pet" is a common term of endearment for one's submissive and in this manner is NOT associated with the formal animalistic training styles.

The Slave

The slave is a deeper level of service to the Master/Mistress. To many, it is the ultimate submission in the lifestyle and viewed in a classic sense. A slave's only purpose in life is to serve the desires and demands of the Master/Mistress. The slave relinquishes all control to the Master/Mistress, because the slave knows the Master/Mistress has their well being at heart.

The Master/Mistress usually marks the slave in some fashion to show ownership and these markings can vary greatly from a bracelet, to a tattoo, a brand, scarification, or other such permanent identification. The Master/slave relationship tends to be a lifetime commitment to each other than a typical Dominant

submissive relationship. Held to a higher standard of conduct and compliance than a submissive, the slave has given complete control of their life to the Master/Mistress.

Submissive vs Slave

A slave is one who, when commitment is made, gives up all choice from that point thereafter and becomes totally under the direction of his or her Master/Mistress in all things.

A submissive, however, has the right to question things and to help in the planning of activities. A submissive can ask questions and or make comments relevant to his or her particular situation and negotiate what he/she wishes to do or not do and to what degree in which they will be involved.

Denied most or all of the above rights, the slave has little say in the outcome of events in his/her life. The slave might be permitted speak about issues that come up that are in the slave's best interest only if the Owner has agreed to such a discussion.

One point that comes to mind here is the term abuse. Most individuals think of abuse as anything that exceeds personal limits, physically, mentally, or sexually. When a Master/Mistress acquires a charge or slave they are looking, for the most part, for someone who will meet their criteria. A slave signing a contract with a Master/Mistress makes everything after the signing consensual. The demands having been pre-set, abuse would come only if the slave were then required to accomplish acts or perform to expectations not stated in the contract.

Terms of European Origin

The European style of Dominance differs from the American style in the manner in which the submissive is treated and the way of training and the expected responses. A word of caution: Even in European forms of Ds, there are many approaches. The European "style" refers to a particular manner of how the Master/Mistress handles and trains the charge. The charge's goal is not simply the completion of an act, but in the precision and beauty in how the act is accomplished. It is generally a gentler approach, in which the charge is treated as a "lady" or "gentleman" in public, but not necessarily in private.

European Ds is approached as a hierarchy with each person represented on a "family tree." For Dominants, a simple hierarchy could be Grand Master, Master/Master in Training. For charges, the hierarchy is simplified to charge, novice charge, or ward. A charge of novice or ward stature often goes to another "family" member for schooling, training, or protection. In European Ds, the term "charge" refers to one who is well cared for and cherished and typically in the European tradition. Masters/Mistresses take charges for life as both companion or as their soul mate. The term charge is not common in the United States excepting to those trained in the European ways of Ds. The term charge in European Ds has nothing to do with what sexual orientation a person has. If a charge is the under protection or guardianship of his/her "family," the members of the family cherish them and see that they are cared for but not touched sexually in any manner.

The following are definitions of terms as they relate to the concept of being a "charge."

Ward: Young charge or child and one under the protection of the family.

Family: Those who guide, make sure of a good education and protect the ward or charge from outside interests or influence.

Con-Charge: As a submissive, a charge who can be one who is under the protection and guidance of the "family" and is termed "con-charge" in parts of the European Ds community. In US terms, this term equates to "under or in protection."

Charge: Under the guidance of or gifted to a Master/Mistress.

Free charge: One presently unattached to a Master/Mistress and is seeking this guidance, but is under the protection of a Family.

Charté: A Charté is the lady who is the companion of a Grand Master and may oversee other charges and the entire household. Charté is from the Middle English Chartré, from the Old French, chartre, from Latin Chartula, diminutive of charta; from the Old French it is an abbreviation of the French charge d'affaires. Families utilized the term to denote someone left in charge of the affairs of the house, localized it.

In a French dictionary Charte is "pertaining to monasteries." That is a Charte not a Charté; notice the mark making them differing words. If you carry it further, a chartre is a charter, a set of rules and regulations. This is not to be confused the term of "La Grande Chartreuse,," of the Charthusian monks of Grenoble, France, excepting perhaps in the devotion and honor shown.

Other terms

Sadist: An individual who finds personal enjoyment in the application of varied amounts of pain to another individual. A Sadist may be either a Dominant or submissive who is under the direction of a Dominant individual. A true sadist will never allow the enjoyment of the pain they may inflict.

Masochist: An individual who derives pleasure from the acceptance of pain of varying amounts as administered by another individual. As with the Sadist, the masochist may be either Dominant or submissive or simply enjoy the sensuality of the act as a personal fulfillment. Many abused individuals often end up in this category and may have emotional problems that keep them in the "victim" mode because of their previous experiences.

Player: An individual who occasionally takes the role of Dominant or submissive. The Player tends to have little or no training and is usually involved for the thrill. In many cases, especially with male Players, DS is used as a means of potential sexual conquest. The Player can constitute a danger to both the submissive and to the community at large. If he or she is not cognizant of their surroundings; they easily can push a submissive beyond their limits, or be harmed themselves in a scene. With the player there tends to be more official involvement of police, social and other agencies as well as a greater potential physical harm to an unsuspecting or uninformed submissive.

Chapter Two: Safety

General Safety Considerations

You should not study safety issues in isolation. Every part of a Ds relationship and play has its safety considerations. The number one safety measure is to play only with people you know well and with whom you are on good terms. Playing with a stranger, with someone you are not on good terms with, or with someone under the influence of drugs or alcohol, upset, or tired, drastically increases risks.

Set up safe words, discuss health matters like heart disease, epilepsy, high blood pressure medicines which either or both might be taking and define limits for both parties. Make sure that the person you are playing with is holding a certificate from a first aid or CPR class issued at least within the last couple of years. Make sure that you see a copy of a health report stating that the person is HIV negative. Fully negotiate the session before beginning it; know what your partner is expecting to do and what they expect of you. Rushed or sloppy pre-session negotiations are probably the most common cause of a bad session. Be clear about your fears and limits.

Snap rings or quick release hardware

Snap rings are hardware fasteners that will open with weight attached. They are used in mountain climbing, boating and are readily available in hardware stores. They cost up to three dollars each, but are worth it. If applied properly, the snap rings will open immediately. There is nothing worse than being bound with no way

to get out of bondage with your partner unconscious and you not being able to help them.

If you must release a charge, the best procedure is to hold the charge against you, release the snap ring, and lower them to the floor, or drop UNDER them as a cushion. You might get winded, but you won't usually BREAK anything from someone falling on you.

Having relationships or play with a disabled partner

When your partner is disabled you need know more specifically about the disability. Take for instance a person with MS or diabetes. Different approaches would be needed for each. You need to know specifically about someone without a disability too. How do you know what to look for with a person who has MS? In fact how many know what MS is? How can it affect a person? Safety in knowing is so very important and that means the charge's knowing Master/Mistress' also. The charge may not know he/she is vulnerable to the disease before hand. Multiple sclerosis is a chronic neurological disease, which can affect speech, muscle coordination caused by demyelination of the central nervous system.

Depending how it affects the victim depends on how they act. One of the signs is tiredness or loss of balance so, if you or your partner have MS you must watch for certain things i.e. slurred speech, reaching for things to balance on, blurred vision, or fainting. MS is more common than many may think. This does not have to apply only to Ds but also to everyday life.

How do you tell the difference between diabetes and hypoglycemia? How do you know the warning signs of each? What would you do if warning signs

appear? What are the signs of shock? What do you do in cases of shock?

I could sit here and give first aid lessons and anatomy lessons, but you should contact your local Red Cross, sign up and get certified if you are not already. Even simple allergies can cause problems when the charge is gagged or hooded. Asthma is a good example of a real danger. There are many disabilities or illnesses that are subtle and pose real threats. For instance anemia or something like that is a limit that **MUST** be discussed before submission. As a charge or Master/Mistress, whether disabled or not, limitations need to be addressed before with the trust that such a relationship commands. These limitations should be discussed without having to second-guess them.

Medications

Most people do not think that taking over-the-counter medicines as being medicated. In Ds even these medicines can have side effects, which can hamper Ds play. Not all these medications show side effects to others. One good example of a well-known medicine that can cause a charge to run into trouble is aspirin. When a person takes aspirin the blood consistency and the ability of blood to clot changes. Because of this the way a charge will bruise changes, this includes the amount of bruising, how deep the bruising will be and also how the bruise was made.

Another very common medication is antibiotics. Antibiotics are a strange form of medication. They help us, but they also have some nasty side effects which include—

1. Nausea and/or diarrhea
2. Yeast infections
3. Dizziness and swelling

All of these side effects can mean no Ds play because they make the person—

1. Weak and have different reactions
2. Irritating, as in yeast infections, which you can pass to your partner
3. Possibly land you in the hospital.

To combat the side effect of yeast infections, eat yogurt. You can now get a doctor prescribed medication called “dorifloria,” which is taken orally once at the end of an antibiotic series. No fuss, no mess and no creams. The use of plain yogurt, used vaginally, also helps in the prevention, and recovers the pH balance, while working wonders to soothing the itch of a yeast infection. Flavored yogurts can make the infection worse though; the sugar aggravates the growth of the yeast.

STD and AIDS

Blood, semen, female secretions, urine can carry the HIV virus. Almost everything beyond closed-lips kissing and bare-skin contact is potentially unsafe, unless some kind of barrier is used. There should be no unprotected contact between any combination of fingers, genitals, mouth, and anus; always use a latex dam or saran wrap for cunnilingus or rimming (i.e. oral-anal contact), gloves for manual penetration, condoms on dildos and penis. Use water-based lubricants such as For Play, Astroglide, Wet, or KY Jelly. If the lube has nonoxynol-9 in it all the better, but some are allergic to it.

Oils and oil-based lubes dissolve latex. Keep the mineral or massage oil away from your gloves and condoms, and latex clothing for that matter!

Mishaps do occur during play and can happen through no fault of the Master/Mistress or the charge,

but happenstance. Yes, there are some very scary stories that one hears about mishaps, but most are told by those that were not witness to the situation when it occurred and are hearsay. Many times mishaps we hear about are due to inexperienced individuals describing play they do not understand or a disgruntled charge or Master/Mistress "getting back" at a charge for poor presentation.

Common Emergencies

Balance

Balance for the charge is very important both emotionally and physically. A charge who is not in an emotionally balanced place when play is going on can have anxiety attacks and to the layman "freak out." It is very important to make sure the Master/Mistress knows before hand if any type of play could or would trigger this sort of reaction.

Balance on the physical side is also important. If a charge has issues with balance then the Master/Mistress needs to know to prevent harm. A charge with vertigo or seizures also needs to let the Master/Mistress know how to prevent harm. For example, with vertigo walking down a high flight of steps could cause you the charge to lose balance. A charge with seizures should not be in an area where strobe lights are being used since they can cause seizures to occur.

Dizziness

Dizziness is caused by uncomfortable or unfamiliar positions, standing upright for too long, emotions, and too high temperature or just by the tension and the intensity of the moment. Maintaining almost any position for a long period of time may also cause it. This is nothing to

worry about. Have your partner change your position, sit, or lie down for a while and it will soon go away.

Nausea

Same cause as dizziness, but may also be caused by lack of food. Treat as for dizziness.

Lack of breath (hyperventilation)

Emotions, tension, fear, unexpected claustrophobia, an over-enthusiastic bondage cause hyperventilation. Even an unfamiliar position such as folded or head down can cause it. Signals are sweating, headache, dizziness and sometimes unexplained strong fear. Simply stop the scene, untie the person, and loosen up any tight clothing, latex, or corsets. Usually this does the trick. If it doesn't help, have the person breathe into a paper bag, not a plastic one, plastic may cause suffocation. Please be aware that unexpected hyperventilation may point to a deeply hidden fear, trauma or undiagnosed medical problem. Get professional help if you think this is the case.

Fainting

Fainting is loss of blood to the brain. It may also be caused by uncomfortable or unfamiliar positions like the head down or standing too long, by heat, exposure to sun, lack of food and or drink and even emotion or sudden, unexpected fear. This is not a problem. Stop what you are doing, and lie down. This may be a frightening event. In most cases there is nothing to worry about. If it happens more often, it may indicate low blood pressure, anemia, or even pregnancy.

Bruises

Bruises can be caused by whipping, braided cats, caning, spanking, by bondage and in a multitude of other ways. A bruise is nothing to worry about, unless severe pain or fever follows. If you don't want to be bruised, tell your partner this, so they can take extra care. Bondage bruises can easily be avoided by covering the skin first before having ropes put on and by taking care when taking them off. When pulling rope over the skin you may be left with rope burns.

Cold, Blue or White Limbs

Limbs getting cold, starting to tingle, turning white or bluish usually are a signal of obstructed blood flow. This can be caused by a rope or a strap being too tight, by blocking certain blood vessels with body weight or because the hands have been over the head for too long. Again, anemia or low blood pressure may cause the same symptoms. Change your partner's position or loosen the offending bondage to alleviate the symptoms. Warm and massage the limb before continuing.

The lock will not come off!

Although this is the bad dream of every charge, it infrequently happens. A lock not coming off is most often caused by a lock of inferior quality or by placing too much tension on the lock. You can prevent it almost completely by testing your locks before you use them. If there is only the slightest doubt about any lock, dispose of it. If it happens, don't panic. Sit down, control yourself and try again carefully. Most of the time retrying to unlock the lock will eventually do the trick. If not, go to the nearest store and rent a pair of large bolt cutters.

DO NOT try using a saw! You are likely to inflict some serious wounds to yourself or your partner if you do.

If there are chains around the wrists or ankles, another trick will sometimes help. Use lots and lots of soap or lubricant. Make the wrists or ankles as slippery as you can. There is a fair chance of being able to slip out of the chains or the steel cuffs. Limbs held in the air, above the heart, will lessen any swelling. Hands held in the freezer for a few minutes will help when trying to wiggle out of steel cuffs.

Broken keys

If your key breaks in the lock, don't worry. This may look like a very scary situation, but in fact it is not. With the help of a magnet you will probably be able to either lift or pull the remainder of the key out. If you hold the lock upside down in the process you have a much better chance. Then open the lock with your spare key. It goes without saying, never use locks that have only one key. If at all possible purchase locks at one time and have them keyed so one key fits all.

Other safety tips

Here are some other useful tips for physical safety. Read some books. The more you read, the more you will understand about it, and the safer you will be able to play. It is very useful if you understand the basics of the human body.

Know about safety. If you know about safety you can be a better judge of the situation. This is even more important for charges, especially if you are playing with different partners or if you have incidental contacts. If you understand about safety you will be better able to determine if you can trust your new or incidental partner.

Talk about safety. If either one of you is not happy with a situation, talk about it. If you are uncomfortable, you won't have half the fun you could have when you don't have to be concerned about safety. Since trust is an important factor in play, feeling safe is imperative. Unsafe situations usually occur, not because people want to play unsafe, but because someone does not know a situation is or feels unsafe with his or her partner or does not recognize it as unsafe.

Build up your session. When a charge is new to Ds they often want to try new things very quickly and without very much time to learn the "ins and outs" of what they will be doing or what is going to be done to them. Take your time when you are going to play and do not try to do everything at one time. Experiment and explore each new experience slowly. Take it one step at the time. It is easy to add new experiences, but you can never take away the bad effect of too much too soon. This is especially important for pain impulses. Remember also, you are building brick upon brick. Being tied up may be the first brick. A nipple clamp might be next. These two during a session will influence each other. A blindfold or a gag will intensify sensations and effects enormously. A simple pat on the back may be harmless in everyday life, but when blindfolded and tied up it may feel like an enormous blow.

Hold back and concentrate. Do not bring or let the Master/Mistress bring too many elements into a session at the same time. Hold back; concentrate on what you are doing or what is being done to you. Let a new element be added only when it is functional and you are ready for it. Exploring the effects and possibilities of one element can be very creative and tremendously exciting for both of you.

Be prepared. A scene may lead to fierce and unexpected emotions, and sudden, sometimes almost

spasmodic moves. Orgasms can be much more intense. Getting angry or frustrated, crying or yelling is all part of the game. Ds is all about emotions. The Dominant does, should, and will have emotions too.

Physical support

Physically supporting your body is important. If the body is supported sufficiently it allows for sudden, unexpected movements and makes you feel more comfortable with the situation.

NEVER have ropes tied around your neck. **Never** have leather or steel collars put on you that leave insufficient room to breathe. **Never** be left bond and alone. **Never** let anyone use pieces of cloth or cotton for a gag, for these can kill! **Never** let anyone use thin wire for bondage or use chemical substances on you. **Never** let anyone do anything to you that you do not know, understand or comprehend.

First aid checklist

- One small first aid kit kept in toy bag
- One small, light colored flashlight both carried on our person or in a known place in your toy-bag and reachable in the dark within 5 seconds.
- 10 4x4 gauze pads
- 2 rolls of three inch bandage
- 1 roll of one inch tape
- 2 triangular bandages
- 1 pair of paramedic scissors
- 3 pairs of vinyl, latex, or polyvinyl gloves
- Polyvinyl is a non-latex glove for those who are allergic to latex. It fits well, but does not have the elasticity of latex though having the same disease preventive qualities as latex.
- 5 foil-wrapped alcohol wipes



One larger first aid kit on the premises

Include the above as the toy-bag first aid kit but added to it are:

A bottle of a broad-spectrum disinfectant containing Providian iodine is a must.

Betadine is most common

An antibiotic lotion or cream

Glucose tabs for loss of sugar

Boxed juice for hydration

Powder

Skin lotion

Ace bandages

Thermometer (shock can happen when coming down from a very intense play)

Reliable means of summoning professional help in an emergency (911)

Safe sex kit

This is to be carried in the toy-bag and purse, just in case

Condoms

Dental dams

Water based lubricant containing nonoxynol-9

Disinfectant solutions

Other safer sex/birth control supplies

General safety equipment

One properly charged black-out light which would come on if there were a loss of electricity.

One dry chemical fire extinguisher.

Mirrors if placed near or above a bound person are made of Mylar or other non-breakable materials.

Suspension equipment of a type that can safely lower and release an unconscious submissive.

A reliable means for the submissive to summon help while bound or confined if the Dominant becomes unconscious.

Thermometer for determining room temperature.

Safety Equipment for Session Area (Dungeon)

Clock

Bedpan (a must if there is no bathroom close to play area)

Non-alcoholic beverages in a squeeze bottle with straw, (fruit juices are best for their high carbohydrate value).

If you cannot find any of these things locally you can call one of these medical supply houses:

Armstrong 1-800-232-4220

Dyna-Med 1-800-854-2706

Customer Service 1-800-334-8211

Rockford 1-800-368-7891 fax line

Chapter Three: Relationships

Any type of relationship takes hard work to make it successful. There needs to be commitment from all parties involved. In Ds, making a relationship work takes the hardest work of all. If one is just beginning in this lifestyle, one needs to do a bit of homework. Ds is the continual journey of self-discovery and the nurturing of all participants. The enhancement of self-esteem and confidence of both partners makes a loving relationship flourish into something precious and wonderfully freeing.

If you are beginning to enter either the lifestyle or a new relationship you will first need to define what you are seeking. This could be best accomplished, not necessarily in the terms or buzz words of the lifestyle, but defined by your own words and thoughts. What are your needs, wants and desires? Do you wish to be Dominant or be Dominated? In what areas of your life do you wish Ds, BD, or SM? Do you wish to give or receive varying levels of pain? As a submissive would you fear pain? As a submissive do you understand your own tolerances to varying levels of pain? Write down your thoughts continually. Find what you are seeking and hone each thought to best describe your personal choices. In the long run you will have a larger choice of options for future exploration.

A submissive or anyone for that matter anyone can be pushed into a relationship they really do not need or want. This is very common in Ds when associating with players who use a charge for their own glorification and gratification. Bad relationships can also be caused from being around people using vocabulary within the lifestyle that the new charge does not fully

comprehend. Another cause is from being pushed into areas over one's limits by a non-understanding, poorly skilled, abusive or non-caring Dominant.

For some, feelings and passion are necessary entities within a relationship. For others, finding the mental aspect of the lifestyle works. Other individuals find what they seek without any emotional connection with their partner. It is important that you know precisely what your partner has in mind from the very start. It is also important that you know what you and they personally find pleasing.

Some people have a difficult time understanding their personal desires or thoughts when they first approach the world of Ds, BD, or SM. Many have little or no way to differentiate between the varied styles and are not sure of exactly what aspect of the lifestyle they are personally searching. Therefore, it is best for the novice to clearly understand and define what they are looking for in the lifestyle. Again, I can not emphasize enough to state this in your own words. This statement should include the mental, the emotional and physical aspects pertaining to your personal wants, needs and desires.

With many there is the thought that Ds, BD, and SM are the same thing. Many use the variations of terms of the lifestyle interchangeably. This is where issues and problems begin. An individual can be content with just one or a mixture of all of the lifestyle's variations. Each variation of this lifestyle tends to overlap to some extent and in the end, each individual or couple must make several choices to decide what portions of the lifestyle fit their particular needs best. As with any couple, they must rely on a strong, solid, emotional foundation. If this foundation is not in place the relationship tends to be little more than physical play and does not manifest into a lifestyle relationship.

A couple might have a good SM pairing with no emotional basis. However, Ds requires an emotional basis to work well. With the subtleties involved, both individuals in the relationship must be able to read and understand the body language and the emotional feelings of the other. Without a strong attachment between the individuals there is a critical piece missing and it is doubtful the relationship will survive without it. A true, strong and caring relationship is the basis for the Ds lifestyle to work well.

It takes much time and learning to Dominate or to know the nuances of a Dominant or charge. Just like one can bottom and not submit, one can top and not Dominate. There is a myriad of ways one can approach discipline. Perhaps this is the hardest part of the lifestyle to define. The Dominant has the responsibility to help the charge grow and become stronger and self-reliant. The Dominant has the responsibility not to use submission in a way that can or will harm the submissive in any way, emotionally, sexually, or physically. What counts is what you believe in and what works for you, not what others tell you works for them.

Relationships

It is simply human nature to want to touch the ones that you are close to and care about. Most relationships are of a monogamous nature which includes most Ds relationships as well. The following definitions are the most common of such relationships. The underlying power of any Ds relationship is for the betterment of the parties involved in it. Both must work on making the relationship work. Loyalty and devotion are not something that can be ordered for one to accomplish. They must be "earned." The earning of these

two very important entities of a Ds relationship comes from the consistent behaviors of the Master/Mistress as to the welfare of their charge.

Monogamous

This is when two individuals, personal sexual orientation notwithstanding, do not engage with others in a sexual manner under any circumstance. For many there are issues and problems such as jealousy, and this becomes ingrained in the long term Ds relationship or marriage. The role of the Ds relationship so ingrains its principles that it is exceptionally difficult or impossible to transcend after a time. For what it is worth, most women at some time wish for this type of relationship. Perhaps this has to do with the growing affection and the transfer of power that were not a part of the original condition of the relationship.

Multiple Submissive/Slave/Charge Relationships

Many Dominant individuals, especially males, choose to have several charges of either gender in their service. For those who would believe in monogamy this poses a substantial impasse to the relationship and is an issue of great difficulty for the charge. Dominants will question how just one sub fills all of my demands, or unspoken thoughts or variations the presiding sub is not prepared to deal with or has set strict limits against. Remember as charges you have every right and it is your obligation to yourself to set limits on conditions or acts you cannot condone or participate in.

The needs of all involved must be considered; is one Dominant able and capable of fulfilling several charges' needs as well? I know of several households where this works extremely well usually with successive charges under the direction of the "first or alpha"

charge/slave. The subjective charges support each other and learn to work well together to support the demands and needs of the Dominant individual. This form of Ds, however, is not for everyone and very careful consideration should be given before joining such a household.

Multiple Dominants Sharing a Single Submissive

Dominants are possessive personalities and for the most part dislike sharing, this style of relationship works well for some. This can be seen sometimes with the Dominant who travels frequently. Or perhaps an extended illness has forced the Dominant to have another assist in attending to the needs of a cherished charge. Do not as a charge, think this is an alternative and a chance to play with someone different. The hiding of another relationship from a Dominant is dishonest at best, and at worst, a dangerous situation.

Outside of Marriage

Into this category fall those that are not married to their Dominant or charges. This can also involve sharing or loaning. This is when a Dominant might lend or exchange charges for the intent of varied training, usage, or sexual utilization.

The primary issue here is that many seek a Ds relationship outside of marriage to fulfill personal cravings or to have needs fulfilled that the marriage partner is unable or unwilling to carryout. This may include simple sexual cravings or of becoming either Dominant or submissive. If you choose such a relationship there are many things to consider, such as bruises or welts and just how to hide or care for them. Another issue here is how to plan being separated from home for a length of time sufficient for a session to occur.

Take careful consideration here; remember, a single fling may well not be worth the loss of your life partner.

To better understand my background, I will tell you that I have been married twice. My first husband was an abusive Dominant, the second a passive aggressive submissive, and neither fulfilled my personal needs. I have done demonstrations at conventions and meetings with a Dominant I had no sexual relationship or interest with. Although I am a well-trained and strong charge, I need to be me. I lived with a Top for some time and was not allowed to be myself, which made life miserable for both of us. No matter what type or kind of relationship you might become involved in, first and foremost, it is important you retain YOUR identity.

I have also had some bad experiences with relationships that did not include marriage. Experience has taught me it is important to be very sure and completely committed before you attempt to enter a relationship; otherwise, there is a good chance you will be emotionally hurt.

Long Distance Relationships Are the Hardest

They are expensive. Phone calls and travel are hard on the heart, especially if one or the other is married. That is the down side and not always easy to cope with. It is nice to be able to talk on the phone but it does not take the place of your partner being with you. Also, traveling can be hard depending on the distance, due to money arrangements, and time allotted for visits. Strength-of-wills and hearts-of-gold are needed more than if it was a "same city relationship." Planning must be made far in advance and for both, times together must be made special. It does help if you can

see each other each month or every other month, but nerves can fray and tempers can flare.

Long-distance relationships are the most difficult, to this I can personally attest. It does not matter if it is in the cyber world or real time. However close and wanted the relationship is, there is a very real strain on all parties concerned. If there truly is mutual love, respect and a real need to be together it can work and work well. A great deal of patience is required and perhaps the toughest decision you will ever make is involved. Will one of you pick up, move and start over to make it happen? If yes, then you have the basis and strength for a long term and very loving relationship. Know in advance there may well be some bickering due to the stress of separation and learn to accept that as well. It's simply another human emotion at work that will cease if you join or are joined by your partner.

My personal relationships have included the great and not so great, some romantic, and some very sterile and cold. Many of these were with individuals I had known for some time, and for the most, part we remain friends. All meetings and all relationships cannot and do not work out which is something everyone, needs learn and to accept. What is important are your friends, who you can talk with, who know of your lifestyle and wish to support you in good or bad. They, above all, understand and providing support without judgement.

Having had some long-distance relationships, I would like to share some tips and ideas of how to better cope with the feelings of being alone on important days such as holidays. I know first hand just how painful this can be. Treat your self royally; purchase something outlandish you have always wanted. When you are home, light a candle or ten, soak in hot tub of your favorite scented bubbles, and burn some of you favor-

ite incense. Have a glass of wine and relax. Perhaps you might read, and listen to your favorite music. After this wonderful relaxing bath you might prepare a portion of your very favorite foods. Treat yourself right, that is the key.

Another way to occupy yourself in a beneficial way is to immerse yourself in others. This is especially true at the Christmas season. Volunteer to assist in shelters for the homeless, or if you are so inclined, children without parents especially are happy for a gentle touch at that time of year. There are many ways in which you could aid others and this truly helps, especially if your partner is married, the most difficult of all situations. It will temper the pain, not erase it, granted, but tempered is far better than anguish. A soft smile and a gentle touch shared with a child in need is placed well above sitting alone and in tears.

Coping when others are in pain from illness, breakups or death

Many people, when finding out there is illness, are very nice and send thoughts and well wishes. Many do not know what to say or how to react to an ill person or those who love them. Many begin to "tiptoe around" or treat the people like lepers. This is not good when there are impending sad times ahead. The support of friends and being treated as a person is very important to those with illnesses or those who care for the ill. People who are "tiptoeing" can cause emotional pain or feelings of aloneness and abandonment. In view of these sociological and psychological issues, many may find need of a hospice, whose workers will not shun the ill or the caretakers. Also, very important during an illness is to expect mood changes, temper, and sadness. This is very normal. Telling a person they

need help or they are not normal with how they are dealing with issues of illness and or even death, is not good. Well meaning at times, but again can cause more harm than good.

Interference in the relationships of others

Many of us during our lives have had others try to butt into our business. Many have also seen others interfering into the business of other people. Especially in the Ds lifestyle this is not acceptable. It does not matter what lifestyle or orientation one is, no one has the right to interfere in the life of others unless it is matter of life or death. Yes, from time to time, each of us will see things we do not like or do not wish to have in our own lives because of our own personal value systems. Unless asked, say nothing, and above all do not involve yourself in any public attacks that you yourself are not personally involved in. A charge is a lady or a gentleman at all times and by not playing into the interference you will show yourself at your best. If you see someone you know being publicly attacked for his or her form of the Ds lifestyle it is best to suggest to the other person to use tolerance. Offering a shoulder to cry on to the person being attacked is all right.

Some forms of interference could be as simple as telling someone they are not charge or a Dominant. Telling someone the way they practice the Ds lifestyle is wrong. Being a friend and listening is not interfering. You listen and then let it go. Think of all the friendships that you might have missed out on if you had judged others by their choices they made in any given situation.

Withdrawal

Withdrawal comes in two forms for charges. The first being a sense of loss after a session and the second when the charge has not had their needs met for awhile. Both are a state of need in the charge. The sense of loss, needs, care, and comfort from the Dominant. The second is a craving based on addiction. Both of these types of withdrawal make the charge feel restless and on occasion subject to frustrated outbursts. Like with any period of grieving there is a time of denial, anger, repugnance, fear, hesitation, and temerity. When this happens there is confusion and anxiety in the charge.

For the first type of withdrawal, the charge needs to be held and comforted. Sometimes the charge needs coaxing to eat and drink, bring up their depleted sugar levels and re-hydrate. Tears are common for the charge feels a loss of the high they have experienced.

The second type of withdrawal is a bit more serious. Here is where the charge is very vulnerable to the players, predators and users. The charge will do almost anything to get that "fix" of a session. Good sense seems to fly out the window and the need takes over judgment. A charge in withdrawal will at times attach themselves out of need to a Dominant that is totally wrong for them just to get the feeling of belonging and service to another. Many Masters and Mistress who are wise to withdrawal can assist the charge going through this by aiding them through guidance and service to help reduce vulnerability.

Chapter Four: Partners

One of the first concerns that members of the Ds or BDSM community hold is that of being able to engage in the Ds lifestyle without the fear of being hurt, fear of being used badly, or the fear of those who are only the pretenders, players and users. All too often we hear of people of both sexes meeting with others they did not know or failed to check out sufficiently. Requiring references is a good way to check a person out. This will let you know if the person is, in fact, a known entity in the Ds community, a player, or perhaps a known abuser. By obtaining references within the Ds community and from those the potential Dominant has spent time with, you will be able to make a better judgement if this person is both what he/she say they are and if this person is what you may be seeking.

Meetings set up with unsafe individuals have resulted in bad experiences and in some instances, even hospitalization or death. Everyone in the Ds or BDSM community needs to be aware of and practice basic safety precautions.

We all need to remember that what a Dominant is to one person is not the same to another. Likewise, what one charge desires and wants from a relationship is not right for all charges. Please remember that a person who might say they are a Dominant might not be telling the truth. Many people using on-line services or advertisements are not what they seem to be in real life. So be wary of anyone who quickly agrees and supports your ideas and suggestions. This should be a red flag worth a great deal more consideration and careful evaluation.

When you are first getting to know someone, do not give him/her personal information that could jeopardize your personal safety. Until you have checked a person out, regardless of where you meet, be very cautious. The same rule applies after having met an individual once or twice as well. Take the time to get to know him/her before you share a great deal of personal information. If you subscribe to an online service keep everything out of your profile that may allow someone to contact you directly. No phone numbers, addresses or any information should be placed in any area where others have access. This includes your full name, location, any school references, or other information that may lead someone directly to your front door. There are many very resourceful people, that given the smallest bits of information can find you. Don't take the chance.

You should always get at least three references for the person you are interested in, no matter where you may have met them. Never accept only online references but insist on valid names and telephone numbers of persons you can speak to or meet who will speak honestly about the potential Dominant.

To get references, ask around, starting with people you know well and whom you trust as having good judgement. Former charges are a good source of information about a Dominant. If someone gives you a bad recommendation, consider it seriously and pursue even more references. There are those who have ended a relationship with a Dominant on not the best of terms. A very important thing to remember: What is not right for one charge may be just the thing for another!

Be wary of Dominants that demand information from you, especially information that you do not want to give out. Be careful of those that mislead by saying

you “must” give them information because they are a Dominant or because you are a charge. This attitude is usually from those that are not safe. A good charge is always safe and smart, not blindly obedient to every self proclaimed Dominant that comes along. A good Dominant will be more than willing to wait until you are sure of your safety. In fact, many Dominants will be more than happy to give you suggestions on how to insure your safety. It is also important when looking for a partner to trust your heart, head and gut. If someone just does not fill your needs or you get that funny queasy feeling in the pit of your belly saying something is not right, listen to it and step away.

Like with any relationship it is very important to be friends first. Make sure you get to know the person for who they are, not what they claim to be. There is more to a Ds relationship than whips and chains or jumping into bed. Find a partner who has similar thoughts, ideas, and interests.

Learn about each other's passions besides the lifestyle. There is nothing worse in a relationship when there is little more to speak of than Ds. Remember, there is no rush to find out about a prospective partner. Time well-spent learning about a prospective partner may, in the long run, save you from a lot of heartache. A Ds relationship is just that, a relationship that has an element of Domination and submission in it. But, it is a relationship first and foremost.

Be sure to check out a Dominant with others, both in the Ds community and in the world at large. Look at your prospective partner in terms of how they speak to others. What things get on their nerves, and how fast? Do they speak to others with the same respect they offer to you? And above all listen to what they are really saying. A comment about a person in passing may tell you much about what this person expects

from you as a partner. Be very cognizant so that you don't hear only what you wish to hear and not what is really being said. Don't try to analyze or interpret what you "think" they said. Listen, ask questions if you need, but don't try to make something out of what was said that was not there. It's really no huge, complex and cryptic secret, just listen.

At times a person needs to validate what they think they have heard to make sure they clearly understand. The simplest way to hone this skill is to respectfully say, "please tell me if I am correct, but is this what I hear you are saying," then repeat back in your own words what was just said. It is also good if you do not understand something to respectfully ask for embellishment or rephrasing. Both these techniques will help in the communication needed to find a suitable partner and in the longevity of the relationship.

Remember, if you truly wish to build a lasting relationship, don't go for just the Ds if you want it to last, but for the whole ball of wax. Find out his likes and dislikes what makes him tick. Real communication is one of the foundation elements to a relationship, so talk, openly and honestly.

It is important to know the person inside and out and to begin to truly trust them. Ask questions. Find out if the person is in the age group you are seeking. Are they married? Are they separated or divorced? What type of relationship do they have with their estranged spouse? What are their sexual interests, practices and are they virile or impotent? What type and style of Ds is their preference? How they feel about specific items and areas that you enjoy and or are interested in? Does the Dominant have like interests to you outside of the lifestyle? If you have nothing to discuss besides Ds, there is very little in common but the sexual aspect or play available to the relation-

ship. Do the kinks and the non-kinks match between yours?

The first thing I tell most new people entering into Ds is to make up a list of their needs, wants and desires. Make three headings:

1. Things you like
2. Things you might like
3. Areas of Ds that you do not wish to delve into at this time.

This last column includes your "Oh no, no way, not in this lifetime," list of practices. The items in the last column form your list of limits. In Ds, the limits set by the submissive need to be respected and adhered closely to, by the Dominant.

One very important area of a relationship people often forget to ask about is the prospective partner's illnesses and/or disabilities. It is not only important for the Dominant to know what medical and limitations a charge has, but also the charge needs know the same of the Dominant. Giving a list of your medical problems and your medications to the Dominant is taking responsibility for your own safety. It is equally important to have the same information from the Dominant.

Limits are not written in stone; they are ever changing. The change in limits comes as you find out more about yourself and different areas of Ds and in your personal growth. Having your limits set and written down lets you speak to a prospective Dominant in an intelligent manner concerning this very important issue. Knowing your initial limits allows you to match up interests, styles, thoughts and ideas to the lifestyle, much closer to those of a prospective Dominant.

As mentioned before, remember that not every charge is for every Dominant or Domme and not every Dominant or Domme is for every charge. Everyone has different needs, wants and desires. Each Dominant or

Domme has their own interests and ideas and each charge the same. These interests must match to for a relationship to work. This is especially true in the Ds aspects of a relationship, or the relationship as a whole will be impeded and most likely destined to failure.

Discretion does mean not telling the world of your limits or that you are talking to a prospective Dominant. Remember, however, that there is a huge difference between discretion and being forbidden to tell others of your new friend. Anytime someone says, "Don't tell anyone you are talking to me," a red flag should go up. What is this person hiding? Why is this person keeping it secretive? Are they speaking to other prospective charges?

If the Dominant makes an issue or insists on total anonymity to the extent that they seem to be hiding, then you should seriously consider whether they are trustworthy or honest. Some of the reasons you will encounter include, "I'm a prominent individual, and I don't want my involvement in this lifestyle to get around," or "I'm very protective of my submissive," or the big one, "My wife/husband does not know of my involvement."

As you go through the process of locating a Dominant who is right for you, you will come across many forms of etiquette. Some Dominants need to have their "status" shown by requiring all charges to term them as Sir or Ma'am, Master/Mistress. Remember that no one is under any obligation to use any of these terms for any one except his or her own Dom/Domme. If, you feel personally that you respect a person enough and the situation warrants it, Sir or Ma'am is certainly acceptable, but remember, it should be of your choice, not by their demand. Being polite is a must with anyone unless one proves by actions, deeds or words they deserve differently.

Following the Dom/Domme's directions is something that you need to decide, while you are on your search for a permanent partner. The only requests, demands or orders a charge should follow, when you are not in a relationship, are those you choose to follow. This is exactly what negotiations are meant to deal with for the Dominant and charge. You have the right to do what fulfills your needs and desires, as well as, the right to avoid what does not full fill you or what will harm you. You have the right to insist your partner respect your boundaries and limitations. This goes for any relationship, of course, Ds, or something more vanilla. The discussion of "When does a Dominant/sub relationships become excessive or abusive?" is an ongoing one. What looks like abuse to one individual might simply be light play to another, something only you can determine. Be very sure you have fully researched what your interests are, where your limits lie, and you fully understand the rules of your safety.

A healthy Ds relationship is grounded in mutual respect, secure in the knowledge both partners are choosing this life in a fully informed and non-cohesive manner. The submissive is proud to submit, the Dominant is proud to receive, and also honors this gift of submission. It is a very different thing from an abusive relationship in which one partner controls the other partner's entire world. Such a relationship as described here is not with the goal of making that partner irrevocably and helplessly dependent. It is one of trust, affection, and passion, with both parties' needs well met and respected.

A personal view on Master/Mistress

The Master/Mistress acknowledges what the charge freely gives from the heart. Then comes the care and

cherishing of the charge by the Master/Mistress, who is precise in their practice and expects the charge to follow their liturgy at all times. With knowledge of the charge, the Master/Mistress relishes the pleasure experienced by the charge. To be able to direct a charge, the Master/Mistress must first and foremost be in control of themselves. How can a person guide another, if they can not take control of their own life?

A Master/Mistress can be a lover, a stern disciplinarian, a supportive friend, and a partner all at the same time. A good Master/Mistress will never forget this fact: the relationship is about the love between two or more caring individuals. The Master/Mistress would never ask a charge to put them before the charge's career or family. The Master/Mistress does not interfere in the charge's daily life, only to gratify his or her own desires.

For a Master/Mistress to hold their charge's mind, body, and soul, they need know trust must first be won. To achieve this, the Master/Mistress will employ honesty, humor, kindness, and warmth. The Master/Mistress also needs to guide the charge in a consistent manner. The Master/Mistress must not use discipline of any type without good reason and never in anger. The Master/Mistress should be available and open to all forms of communication and should be prepared to hear the charge's wants and needs. The Master/Mistress should be patient, taking time to learn the charge's habits and limits in all areas of their life. The Master/Mistress is secure in him/herself and able to laugh at life. The Master/Mistress is strong enough to know that personal growth and the charge's growth is ongoing and never ending. The Master/Mistress knows that trust and honesty is truly the bind that holds them to the charge.

Places to Meet

There are many places to meet Ds partners. Many cities have groups that meet for luncheons and dinners, usually called munches. Most of these can be found through word of mouth, through the local free paper or at your local fetish shop.

Many major cities now have PEP (People Exchanging Power) meetings. Other major cities have organizations that charge membership fees, but offer speakers, demonstrations and play parties. Some of the better known organizations are:

The Eulensplegal Society in New York City

Janus in San Francisco

Covenant of the Goddess in San Francisco

Apex in Phoenix

GWNN in Austin

Black Rose in Washington, DC

Leather and Lace in St. Louis

Online services and Bulletin Board Services are two ways that many find, in this modern age of technology, to make contacts with others involved in Ds or wanting to be involved in Ds or BDSM. Local BBS services offer mail and discussion and sometimes munches, local lunches, dinners and public parties. In this form of connecting, as in others, beware of wannabes, abusers and swingers. The anonymity of online makes it simple for pretenders to masquerade as experienced Dominants.

Most of the major online services have member run Ds rooms called Dungeons, Chateau, or for the Gorean folks, Taverns. Most on line services do not sanction these chat rooms. The more responsible room members do monitor what goes on in these

rooms. To many an outsider it may look like a social clique on screen. It is the behind the scene chat that is usually Ds related.

The closeness of the computer "family" for those that are accepted is more like a small town. We all know in small towns people gossip and people get hurt because of gossip. Remember that Dominant that was too hard on one charge? The peril and incidents have a way of circulating sometimes years after with many of the particulars being blown way out of proportion. Then someone says it was all just a misunderstanding. Too late; the damage to this person's reputation has been hurt.

One of the things that can be learned though through the small town feeling of on line is the feeling of family. Do not let something that can be wonderful, turn into a negative. The reason that many incidents get blown out of proportion is because those not involved do the gossiping.

Other places to find out about making initial contact with others of the same kinds are newspapers and magazines. Many of your local weekly newspapers have classifieds for finding prospective partners, and many local papers have personal ads. Be sure if you answer ads to have a post office box or use the box option that the paper or magazine offers. This is very important for everyone's safety. Just because a person says they have been in the lifestyle for a number of years, until you check them out with references, you really have no idea who and what they are or what they are into.

Lest we forget, there is one other business where one can find a partner, the dating service. Of course here one needs to be a bit more discrete in how they present themselves as a Dominant or charge. If one is established in the local Ds community, word of mouth

that you are looking for a prospective partner also can aid in your search.

Initial Contact or Referral

Questions to ask yourself and others about a person with whom you wish to start a Ds relationship with (See Appendix for a more extensive questionnaire.)

1. Who introduced you to the person? Are they a reliable judge of another's character? Does this person know the potential Dominant real-time, phone, or cyber?
2. Who has the person that you have an interest in met in real time or talked to only on the phone? Who were this person's ex charges or Masters/Mistress?
3. What do you know about this person?
 - Name Age
 - City State
 - Phone number
 - Marital status
 - Children and how many
 - Employed Yes No Type of work
 - Where Employed
4. Where is a meeting to take place?
 - Date Time
 - Location
 - Phone number
5. Do you and the person you are meeting have safe calls set up?

Information that should be given to the person receiving the safe calls—

- Your name
- Address
- Phone number

Driver's license
Make of your car
Model of your car
License plate number of your car
ALL the information you have on the person you
are meeting
Name Nickname/screenname
Home address
Telephone number
Age, description

Pass it on to your safe call person. When you are
meeting, including the time and date
Where you are meeting
Name of place you are meeting
Address of meeting place
And phone number (if you do not have it ahead of
time, give it during first phone call)
The phone number of the local police department
in the town you are meeting in.

Safe Calls

The first call should be made when leaving home for the meeting.

The next call is within fifteen minutes of arriving at the established meeting time.

Third phone call should be made within a half-hour thereafter.

Fourth phone call should be made within two hours of the third call or before leaving the place of meeting, whichever comes first.

Fifth phone call should be made within thirty minutes of leaving the other's company .

Have a code set up for the safe calls so that the person who is your safety net really knows you are OK

and not just saying things cause of pressure from the prospective partner.

Example

"Jane called" means everything is OK.

"John called" means, "Get here now or call the cops."

A conversation could be the safety saying, "Did Jane call you today?" and you answering, "Yes" or answering, "No, John called."

One thing the charge needs to also do regarding safe calls is to let the person being used as a safe call know what to do if the call is missed. Because the contact person has the meeting names, address and telephone number they should first call there and have you paged. If there is no answer to the page then they should call the police. It also is a very good thing to let your contact know what you will be wearing in case this becomes necessary.

Safety in meeting

When meeting people for the first time, do not play. The first meeting should be a lot of talk to make sure there is chemistry between the individuals involved. It is so very important that no matter how much you wish to play or have a Ds, BD or SM. experience to make sure that you are safe and the person you are meeting is who and what they say they are. In this first meeting one should again discuss needs, wants, and desires of both parties.

Watch their body language. Is the person making eye contact? This usually tells you they are being honest. Does the person have their arms to each side of them on the table? This shows openness if they are indeed on the table and to the side. Arms closed or

crossed in front of a person tells of discomfort. One other thing to look for in body language is how a person carries himself or herself. Are the shoulders back and straight? Is the head held up high? Two good signs of one who is self-assured. Body language says more sometimes than words spoken. There are many that can talk a good game, but if the talk does not match how the Dominant cares and feels about themselves, that is all it is, talk. Again, remember to pay attention to instincts. If there is anything that is nagging or just does not feel right to you, get out of the situation as fast as you can.

Setting up the meeting

When you set up a first meeting make sure it is in a public place. There is safety in numbers. Go shopping with the prospective partner, go to lunch or dinner. Take another person with you to increase your comfort level and also your safety. It is never a good thing to go to the prospective partner's home, hotel or to take them home with you on the first meet.

This brings up the point of if you are traveling to meet the prospective partner. If you have a gut feeling that this is not right, either turn around and go home or just go to a hotel alone. When traveling make sure you always carry extra traveler's checks, you never know when they can come in handy. It is better to not get hurt then to worry about money. Pooh on the money where your safety is at stake. One always should go for being safe and making sure they are not putting themselves in a position of jeopardy. If the person you are meeting knows about the safe calls they might try to stop you from doing them. If this happens, RUN LIKE HELL! That is why group meetings including public parties and dinners are good.

Drinking and Drugs

CHARGES DON'T LET DOMS PLAY DRUNK OR ON DRUGS.

One thing to remember, one ounce of wine about an hour before a scene for a newbie can be calming. This is not to say I recommend it. Having a small bit of wine can take an edge off of nerves and not hamper the person. I mention the one ounce of wine because it is the same with nursing mothers; one ounce before nursing is recommended. It is sad to say that many do not find a high from play and use the excuse of drink or drugs to find their personal high. This is tragic indeed, since Ds is such a wonderful life experience.

Violation

The word violation can mean many things. Many people think of it as only rape. In fact, violation means not consenting to something whether it is a scene, sex, a meeting or phone. As charges you all have the right to say: NO! and mean NO for anything at any time. One wonderful thing about Ds when both parties are serious is the high level of communication. When a charge says, "No, this is not what I wanted or expected," a mature Dominant will stop, listen, and discuss the issue with understanding. When someone does not adhere to consensual activities they are violating you.

What to do about it? Safety when meeting and communication are the keys here. A Dominant who knows what you will or will not do and does not adhere to what you have consented is bad news. This is a violation, nothing more, and nothing less. Communicating your needs, desires and limits does not constitute an agreement to play or have sex. If a Dominant gets you in a compromising position, which is not consensual,

you need to be able to get to a phone, scream, yell, kick, and bite. This is one time you do not have to be a lady, in fact be the farthest thing from a lady. Second, if you are not in a position to stop what is going on due to bondage, being in sub space, or anything else report the incident to a trusted Dominant. They can later talk to the violator, but make sure all the facts as you see them are correct.

If a Dominant ever rapes you, go to your local rape center. The phone number is usually in the white pages under "rape." Yes, it is embarrassing at the time, but that is a price sometimes one needs to pay to save others. Reporting a rape will also help heal your own emotional wounds faster. I will tell you that word spreads fast about rape or any other type of violation. Those of the lifestyle will make sure the violation is known and the violator is shunned quickly.

Section TWO

The Art of Submission



Chapter Five: Service

The Mind

The mind is the most important tool of Ds, for without the mind there is no dominance or submission. The mind in itself lets the charge have the freedom to be who and what they are for that one very special Master/Mistress. They work toward the building and gaining of trust for their Master/Mistress. The charge must know and understand the Master/Mistress will not let harm come to them either physically or mentally.

Mind set is the key to service. Within mind set the charge shows dedication and devotion to the needs, pleasures and desires of the Master/Mistress. It is a total commitment of mind, body, and soul and total trust is needed for the charge to turn themselves exclusively over to the Master/Mistress. In return for this total trust the charge is well cared for and cherished; for as the charge is chained to the Master/Mistress, so is the Master/Mistress chained to the charge.

The attitude or rules required of a charge in order to maintain proper service:

1. The charge always defers to the Master/Mistress. The Master/Mistress' word is obeyed, without hesitation.
2. The charge always accepts training with love and affection.
3. The charge always submits to the Master/Mistress with love and affection.
4. The charge always performs duties for the Master/Mistress, to the best of their ability and without hesitation.

5. The charge is always to be a lady or gentleman. Respect and honor of one's self are a reflection of the Master/Mistress and no less would be expected of any charge.

What does all this mean? The charge is always ready to serve, please, or be at the call of the Master/Mistress twenty-four hours a day. If Master/Mistress calls, whatever is being done is stopped and the desires, pleasures, or needs of the Master/Mistress are met. For example: If the Master/Mistress asked for a missive written to another Master, the charge would stop everything they were doing to write and send the missive before continuing with what they were doing.

If the charge is not in the presence of the Master/Mistress and they wished the charge to be with them; the charge would set aside what they were doing. You would follow arrangements to join the Master/Mistress to the letter. No questions asked, including what Master/Mistress requires you, the charge, to bring with you, if anything. Of course in today's world, if the charge works outside of the house, the Master/Mistress cannot demand they stop work, possibly jeopardizing the charge's livelihood to do their bidding. It is important to be realistic here.

I hope this does not frighten you. This is what a 24/7 and total commitment to a Master/Mistress mean. There are other ways and forms of Ds, but the pure forms of Ds are never easy. It takes a great deal of love and devotion to the Master/Mistress and to the lifestyle itself.

Rewards, Discipline and Punishment

Rewards, discipline and punishment are used in Ds relationships to teach new skills and to remind the

charge of the appropriate behaviors and ways required by the Master/Mistress. The value of rewards, discipline and punishment is only as good as the consistency of the Master/Mistress. This is where many relationships have problems, for many are not consistent. To over punish for minor infractions or not to acknowledge good deeds is not a good thing. Ignoring blatant infractions is equally as bad as overcorrecting and constant punishments. This can cause the closeness in the relationship to cease and the trust between partners to disintegrate.

Overcorrecting is also of major concern in a relationship. If the Master/Mistress is always correcting, or is cruel or vicious, the charge will serve only because of the fear of the discipline or punishment, and over a period of time, the charge will lose all desire to please. When this occurs, the Master/Mistress not only loses control over the charge, but also the respect of the charge.

Punishment is a tool to correct a wrong or a non-action by the charge. When discipline or punishment is required, the Master/Mistress should never do so in anger or in frustration. An angry or frustrated Master/Mistress can easily bring unintentional injury or worse to the charge. The Master/Mistress who disciplines or punishes in frustration or anger is shifting into the area of abuse.

In Ds, the Master/Mistress is always concerned about the feelings of the charge and punishment does not have to encompass painful experiences. A word or even a look can be a sign of displeasure of the Master/Mistress. Other forms of non-physical discipline or punishment might include the removal of privileges. Examples of this: The charge not being allowed to sit on furniture, or the charge sleeping at the foot of the bed or even on the floor.

There are many ways to punish incorrect actions and the Master/Mistress should reserve the severe disciplines or punishments for major infractions. Discipline and or punishment should be followed by reward when the charge corrects the infraction or has learned the new skill. The charge should be allowed to atone for the transgression and then it need be forgiven.

Rewards show the charge that the Master/Mistress is pleased. Rewards are a wonderful way for a Master/Mistress to show love and to give the charge pleasure for a correct action. A reward can be as simple as a kiss or a caress. Rewards can also be verbal. Verbal praise feels good to a charge, especially if it done in front of others. It can be a tangible as in receiving of flowers, a short note or a special gift.

Rewards given to the charge shows the charge they are thought of in a positive light and they are not taken for granted. A reward acknowledges the charge's appropriate behavior and reinforces it and a contented charge will do anything within their limits and knowledge to insure the happiness of their Master/Mistress. A charge will also avoid actions that disappoint the Master/Mistress.

Hypnosis and "Sub" Space

Hypnosis is the touching in some manner of a person's sub-conscious mind. In the right hands it can be very beneficial to a person; in the wrong hands, it can be devastating. What a person does in hypnosis is loose inhibitions, but a person will not do anything that they would not do when in their conscious state. Under hypnosis, "triggers" can be placed in a person's mind. I am sure you all have seen the "when you awake you will act like a chicken when I clap my hands three times" act. This is a party trick, but used with Ds or

BDSM can change a person for life. (Remember that “cum on command” thing?) It is best to be very careful of those who claim to know hypnosis and if you are one who succumbs easily to suggestions, hypnosis can produce a devastating effect on your life.

Brainwashing is a far more mind boggling form of change that works on the subconscious and can force a person do things they would not normally do. Brainwashing is usually done in regards to BDSM when a person will not “bend” to the plan, and even in worst cases as a punishment that will last a lifetime. Many times, when this form of control is used, permanent and multiple triggers will be embedded within the mind. These “triggers” are most often very deep set and potentially emotionally harmful. The longer these triggers are in place the harder they are to find and most often require a professional medical assistance to be removed.

Sub-space or Zoning

Many people equate subspace to self-hypnosis and/or meditation. In reality, what it is for many is the high caused by chemicals known as endorphins, which the body will produce rapidly and in high amounts. Even laughing releases these chemicals, so it is possible to get great pleasure from things other than whips and chains. The higher the endorphin counts in the body the deeper the person goes to an euphoric state.

Public Display

Many charges as well as Masters and Mistress enjoy public display. What this simply means is showing the charge off in a public environment. For some this could simply mean walking next to them and introduc-

ing the charge to another Master/Mistress. For others it could be full nudity or a demonstration of the charges skills. Whatever your comfort level it can be great fun and very rewarding for both the charge and Master/Mistress.

Humiliation

Humiliation ranges greatly in intensity for everyone. For one charge the act of kneeling is humiliating while for another accepting golden showers is the ultimate act of humiliation. For each the level of humiliation and the form it takes depends on the likes and dislikes of the charge. Many Masters and Mistress think that disparaging a charge is humiliation, when in fact what it does is lower the charge's self esteem and feeling of self worth and, in many instances, to the point of being non-repairable.

Gentle approach to Ds

The gentle approach to Ds is the building up of a person through direction. It is a way to make a person all that they can be in all aspects of their lives within the specifications of the needs, wants desires and purpose of the Dominant. There are a lot of different techniques that can be used. These have to be determined by the Dominant and worked out with the individual charge with gentleness. In using a gentle approach to Ds do not think that discipline and punishment are not used, for they can and are used, but the methods are a bit different.

Applying respect can first make a gentle approach. A Master/Mistress will show this respect if they are truly interested in the charge by first treating them as a person and not an object. Both need to

show respect of each other by communicating honestly. Control does not come from barking orders. It comes from care and concern for the well being of the charge. The first thing that has to be respected is limits in all areas.

For that reason it is good for a charge to have written lists of Do's, Don'ts and Maybes. How is the gentle approach any different than what one might consider regular "domming," since both hold respect? From what I have seen, a large number of Dominants on the Internet Services and in real life do not have any respect for a sub or slave. I know many cases where the Dom/me did not respect limits or values of the charges at hand, causing the charges to move on or leave and to seek a better qualified or more highly skilled Dominant elsewhere.

Even if the relationship is only for the physical and sensation aspects of the lifestyle, respect and communication are important. A Master/Mistress going around barking at his/her charge is not gentle, respectful, kind or what the Ds lifestyle is about. Even during a playtime, when there is no sexual overtone, communication is extremely important.

Some people refer to the gentle approach as being softer, less pain or punishment than what one might generalize as "regular" domming. A person that calls themselves a Dominant and does not show respect for the charge or respect the presented limits do not have the right to call themselves, a Dominant. The gentle approach can be just as rigid and strict as regular "Domming," but the attitude is very different. The Dominant looking out for the charge's well being and peace of mind is more apparent.

Let's say a charge has a problem doing something that has been requested by the Master/Mistress. Many Doms would just say, "Do it and do it now!" A

gentle Dominant would make sure the charge understands the request and how to accomplish it; by sitting the charge down and saying, "This needs to be done, and this is how to go about it."

Compassion in Ds

Compassion is one thing not always talked about in regards to Ds and the lifestyle. Since the lifestyle is not an easy one many need to remember that all involved in the Ds lifestyle are humans with feelings and everyone has soft as well as hard needs. Everyone makes mistakes and instead of just looking at yourself, the charge needs to look at their partner a bit more closely as well. Look at the human side, not just the Dominant side.

Unfortunately, over the years the running into some very selfish Dominants has taken the toll on many a charge. How does the charge change this selfishness? One way is to put yourself in the shoes of the Dominant, to see where they are coming from, what their motives and thoughts might be and to attempt to understand the Dominant better. When you are not getting the attention or affection you need do not automatically begin to pout and feel sorry for yourself. Try to understand the reasons behind the Dominant's behavior, and you will soon become a less demanding charge.

As we all know, everyone in life has good and bad days and yes, this applies to Dominants and charges as well. Compassion through those rough times makes the rest of the relationship much more agreeable. Compassion many times is easily found among those charges that have had rough times. Some charges that are just starting out may not have reached this realization, as of yet, so do have compas-

sion for them, as in time, they too will learn to have compassion.

Compassion also includes doing things for others out of the goodness of your heart, including your partner. That includes the Dominants as well as charges. After all, charges have bad days. Charges need a rose or a kiss just for the hell of it sometimes. It is fine for a charge to do things from their own ideas. It's also all right to be a bit of a bitch at times. After all, you ARE human! It is all right to do something special because you know your partner might need cheering up. It is not however, acceptable to be judgmental of your partner, and this is where many of the problems start. An example might be, if your Dominant did not know you were PMSing and pushed you until you started to shriek at them without explanation. The Dominant needs to know and understand these kinds of things, beforehand.

You can be compassionate while being empathetic of another. It should be the every day interactions in any relationship that bring on empathy. Each person in the relationship should care at least enough to make sure they know the other's mood. They should be able to help their partner. It seems to me that compassion is a deeper emotion and one that is more likely to be needed when true pain or loss is experienced. The other person comes first, meeting those needs before the charges. When the relationship is one sided and no thought given to the other person's needs, compassionately speaking, trouble starts. It seems that there is a danger of this sort of power exchange for abuse to start when that power is given to the Dominant by the charge. A question to ask is "How can I best handle that with out being accused of not being a good charge?" This can be accomplished by saying: "I thought you might need this" or

"This is for you just because you are you" or "I did this cause I thought it would pick you up."

Sometimes there is confusion about compassion vs. "false" compassion. Compassion comes from the heart, while false compassion is doing something to get something wanted out of it in return. For example: "I should do this?" or "I will get something if I do this?" Knowing the Dominant fully is the point. If someone you have just met is interested in hearing your heart-felt problems, the possibility, especially with the on line services, is to find your weak points. It could also be to use this pain against you, and that is a classic example of false compassion. With the on-line services, false compassion is a ploy for many people to use. So as they say, be careful out there and do not pour your heart out to just anyone or everyone. There are lots of bad people, users and abusers out there, just waiting to find the vulnerable charge.



Chapter Six: Sensual Massage

Massage can be a lot of fun and very sensual. When you are learning to massage, the first thing to learn is anatomy, and that includes both the Dominant's and your own. It is very important to know the muscle structure, which directions they go, where the larger muscles are located, and where they are connected. This is important so you do not cause harm to your partner. It is also important not to apply too much pressure causing muscle bruising or soreness. Be attentive and use only massage techniques that you have trained for. Using such forms of massage such as Reiki, heat or a deep massage therapy is dangerous in incompetent or untrained hands.

Your hands will be in constant contact with your partner during a massage, so be sure your nails are trimmed and filed so there are no rough edges to nick or scratch your partner. Make sure any rough spots on your hands are softened before massage by washing your hands with very hot water, this also makes sure your hands are warm enough to begin the massage. If there is a time span between the time you wash your hands before a massage and actually beginning place your hands under your upper arms and press down to ensure they receive your own body warmth.

When beginning massage always use warmed oil or massage lotion. Due to allergic reactions of some perfumes, pure almond oil based body oils or lotions are the best to use and almond oil is an excellent balm and conditioner for the skin. The one natural additive that you might wish to put into your oil or lotion is vitamin 'E' which conditions the skin and makes it soft. If you are sure your partner does not have allergies add

a fragrance to the base lotion or oil. Two excellent stores to purchase natural massage oil that is not outrageously priced are The Body Shop™ or Botanical Gardens™—both offering mail order services.

When massaging, always use warmed oil. Even in hot weather the oil might not be at body temperature. There are three ways of warming the oil. One way is to put some oil in your hands and rub them together and the oil will quickly warm to body temperature. The second is to heat the oil in a hot water bath. To do this you place the oil container in a pan of almost boiling water and let it sit until warm. The third way of heating oil or lotion is by candle and is by far the most sensuous of methods. To accomplish this, have the oil or lotion in a glass canister. Hold the canister over a lit candle and slowly turn the canister in your hand. You will need to watch the oil or lotion carefully so it does not become too hot or will burn the skin when applying. It is always a good idea to test the oil or lotion before use by placing a small amount in the palm before applying to the skin. You should also never pour the oil directly onto your partner's body, but always place a small amount in the palm before applying it to the skin.

Massage can be a very sensual experience. With both partners unclothed, you straddle the buttocks, facing their head to do the upper body. Then turn and face their feet to do the feet and legs. Of course you can wiggle a bit, having a bit of fun while administering to your Dominant, either to his/her back or front. Another position for massage is for the charge to stand or to kneel by his/her Dominant on a table. Another position when giving a head massage (and I do mean head as in cranium), is to cradle their head on your crossed legs working from the face to neck to upper skull. This is

very sensual and when you become aroused, your partner will definitely be able to tell.

Mood music is a good thing to have playing in the background while giving a massage, something soft relaxing and sensual. If incense does not bother allergies, then burning it also helps set a relaxing and sensuous mood. Do not, however, use incense that is smoky or does not compliment the scent of the oil or lotion you are using. When doing massages make sure you have plenty of non-alcoholic liquids on hand to circumvent dehydration. Dehydration happens more to the person giving the massage than the person getting it unless they perspire a lot. Basic safety when giving a massage begins with NEVER rubbing on the spinal column. To be on the safe side work to each side of the spine. It is a good rule of thumb to use caution at the base of the skull around the brain stem area this is a very sensitive area to touch. Another area to be concerned with is the area around the kidneys and it is a good idea to massage this area gently, but firmly. Never do anything to cause your partner pain. If any area starts to hurt stop and if it continues to hurt have your partner go to their physician.

Massage in the direction of the muscle, not side to side. Small, soft, circular motions are acceptable if you do not apply pressure. Using fingertips works as well as using the palm of your hand. This gives you better control in hard to reach and strained areas. Keep your massage strokes rhythmic and at the same speed and never break body contact with your partner.

Before beginning a massage, make sure all your supplies are handy and at arm's reach: drinking water, towels, oil, and extra pillows. Be attentive to your partner by watching for signs of pleasure or discomfort, and listen for sounds that will tell you they are pleased. At times be sure to ask for feedback on stroke and

pressure, especially at those times when you can not read your partner's body language.

When you do begin to massage do so lightly either up or down the torso. When massaging the legs commence at the ankle and massage upward to the calf and then up the thigh. When massaging the feet begin massaging beneath the ball of the foot and massage upward to the heel. Remember those cute toes; they need comfort just as much as the rest of the feet and body. When massaging the hand commence with the fingers, then the palm working your way to the wrist. Remember to pay close attention to the nervicular area pad under the thumb. This is where cramping of the hands can happen. Arms get massaged from the wrists up. When massaging the wrist and ankles be aware of nerves close to the surface, which is why I also do not recommend use of metal cuffs in strenuous play, and why you also need be aware of carpal tunnel syndrome.

Sensual massage

Ah, the mood has been set with candles, incense, music and just perhaps, nudity. You have unplugged the phone and turned off the computer and television. You have made sure there are no drafts in the chosen spot and the room temperature is at least 70 degrees. Your body language and voice is that of softness and sensuality, which helps to set the mood. When massaging the front or the head of your partner it is important to add a bit of soft movement to the pelvic area. Have on your face a glowing soft smile of sensuality. The running of a fingernail on each side of the spine or down the chest is also very sensual.

Now my personal all time favorite sensual massage is the use of the body to massage. This is

accomplished by first applying a generous amount of oil on your partner's body. After caressing their body with your hands, softly lie on top of them. While still using your hands, begin to move your body on top of them sensuously to massage. It is hard to put into words, but you move up and down and sideways over your partner's body using a gyrating motion. Little mewling sounds also help the sensual atmosphere of a body-to-body message. When doing this form of massage on your partner's legs, bring your legs up and down the inner thigh to the crotch or groin area. The use of the knee here works wonders, using just a little pressure with some motion and then back down and up again. Perhaps by this time the massage would be forgotten and other sensuous play would begin.

Because you have used a pure massage oil or lotion you are also going to be well lubricated. A body to body massage can be done either on front or back of your partner. On a frontal body-to-body massage you can add kissing and licking to the routine also. Little nibbles to the nipples as you slink down your partner's body or a light rotating knee or foot to the groin area are also a nice touches. After you have accomplished a body to body message I do not think you will be doing much questioning of its merits for sensuality or the arousal of both partners involved.

Cupping

Cupping, also known as Japanese glass massage, is the applying of a heated glass to the body to bring blood to the skin's surface. Thick on-the-rocks type glasses or baby food jars work well for this massage technique. Very small glasses such as fluted champagne or well-buffed medical piping may be used to create intricate designs as well. Note, when using

medical piping it is best to heat it using very warm water, as the piping becomes very hot, very quickly, and can burn your partner easily.

Before cupping, first massage the area you will be working, to enhance the flow of blood through the capillaries near the skin's surface. Have the glasses or jars handy and clean. Although the glass does not have to be sterile, be sure it is very clean. When you are ready to proceed with cupping, take a lit candle, hold the jar upside down and heat the air inside the glass for about five to ten seconds. Be careful not to get the glass so hot on the edge that it will burn the skin. Quickly, but gently, open side down, place the glass on the skin. Suction will form inside the glass bringing the blood to the skin's surface in the area. Continue to do this until all your glassware is used and leave the glasses or jars on the skin from five to ten minutes.

Now comes some fun! Because you have oiled the body you may now slide the glasses or jars around to different areas maintaining the suction if you do not break the seal. In about five-minutes when you break the suction and remove the glass, you will see a red circle on the skin where the glass or jar has been. Take caution with regard to suction. Similar to a snake-bite kit, which, when too much suction is applied, will draw blood through the skin. Remember, the goal here is to have fun, create intimacy, and promote relaxation for both partners.

Chapter Seven: Sexual Service

Oral Service

Oral sex is the pleasuring of one's partner by use of the mouth. Many find this not pleasing to do with another individual for many reasons. Others find it very sensual and erotic. There are three basic forms of oral sexual pleasure.

Fellatio: oral service to the penis and testicles

Cunnilingus: oral service to the female genitalia

Anulingus: oral service to the anus

Fellatio

Fellatio is the taking of the penis and or testicles in one's mouth or lips to give pleasure and if desired to bring about ejaculation. In slang terms, it is known as "giving head," "going down on," or a "blow-job." Most males have a fondness for this type of sexual stimulation. Many ladies enjoy performing fellatio or can learn to enjoy this art with practice and patience. The lips and tongue are the major sources of stimulation, as well as the teeth at times.

Since both genders respond to pressure and rhythm, be sure to be steady and sensual in your stroking. Hands play an important part in fellatio also. Gently take the penis or testicles in your hands and stroke with the same motion as with your mouth. Even going in the opposite direction works well to extend the penis more during fellatio. Using the hand at the same time as the mouth is especially helpful if the entire penis will not fit into your mouth. This ensures complete stimulation.

The length and circumferences of the penis are different in each male. Each has sensitive spots and also a favored way of being sensuously and sexually aroused and the charge needs to listen to the Master, for what turns him on. Feedback does not always come verbally, but from the sound he makes. Being aware of his body's tension gives the best indication that you are doing the right thing at the right time

Before starting fellatio it is a sensuous gesture and very submissive for the charge to bath the Master's penis and genital area. While it is a sensuous act, it also prevents germs and unpleasant odors from taking away the charge's enjoyment of the act. It is very important to make sure you rinse off the area thoroughly as to not leave an unpleasant soapy taste. Many soaps can also have a drying or irritating effect on sensitive areas. Be sure if you do wash with soap to use one with a lotion in it. Your Master may or may not be circumcised. If you are not certain, ask. If your Master is not circumcised remember to pull the foreskin, which covers the tip of the penis down to wash under it. For those with circumcised penises, the tip of the penis may be more sensitive.

Positioning of the body during fellatio is also important. If both the Master and charge lie down with their head by the other's genitals, both will get the best possible enjoyment from fellatio. The reason for this is because most penises curve in an upward bend towards the head and in this position the curve of the penis matches the curve of the throat.

Thanks to Linda Lovelace, the term "deep throat" became a household word for having the penis protracted down past the back of the mouth and into the throat. Many, because of the natural gag reflex, can not perform this act. For those charges that can or have been ordered to learn this act, take things slow

and remember that practice does make perfect. When a charge does "deep throat," relaxation is critical to its success.

The best posture for this is to lie on your back with your head back at an angle, as in letting it hang slightly off a bed. The charge would then take the penis into the mouth as far as possible without choking. Stroke the penis with the tongue for a few moments and concentrate on relaxing your throat. When the throat is relaxed take about a quarter inch more. Each time take a bit more, until you can take the whole penis into your throat. Practicing with a penis shaped dildo similar in size and shape to the Master's is helpful and most Masters like it when you practice in their presence. To do so is a highly erotic act in itself.

A Master will often demand the swallowing of semen and for many this is an important issue. Some Masters will even feel that the act is not complete until the semen has been swallowed, thus becoming a part of the charge's body. The ingestion of male's fluids, has always been considered a deeply submissive and accepting gesture. As a health measure this act is the exchange of body fluids and best practiced by monogamous couples.

Sometimes charges have a problem with the taste of semen. If you are one of these charges or do not know, talk to your Master about this beforehand. Let your Master know that you may have this issue to confront.

Can the taste of semen be changed? Yes. After all, you are what you eat. Different foods produce different aromas and tastes in our bodies. Alkaline-based foods like meats and fish produce a buttery, fish like flavor in semen. Dairy products, which contain a high bacterial concentration level, can create foul tasting fluids. The only taste that surpasses dairy in foulness

is asparagus laced semen. Foods such as sweets, fruits, and alcohol give semen a pleasant, sugary flavor. Certain spices also aids in the taste of semen. My personal favorites are cinnamon, nutmeg, and clove. Pumpkin pie anyone?

Cunnilingus

As with fellatio in cunnilingus, safety comes first. Instead of a condom, a "dental dam" is used to protect the partner from STD or HIV. A dental dam is a square thin piece of latex that is placed over the female genital area. Most dams are held in place with a strap that has small clamps on it. To properly use a dam, place a small amount of water based lubricant on the genital area. Then place and attach the dam over the entire genital area. Water based lubricant gives a more natural feeling. Even with using a dental dam, all areas of the clitoris can be reached by hand and tongue. Some entry into the vagina can also be accomplished by thrusting the tongue or the fingers into the vaginal canal. Remember be careful not to rip the dam.

Anulingus

Anulingus is the stimulation or penetration of the anal opening by the tongue and is also know as "rimming." Many people find the touching the anus is highly sexually stimulating. By touching and kissing the anus with the mouth, tongue and lips they find it ever so more arousing and many people will orgasm through this act. No, this is not acceptable to everyone, but it is a possibility for pleasure. The performance of anulingus is risky behavior because of the bacteria always present in the anal area. Be very sure the area is well washed, using an anti-bacterial soap beforehand.

Make sure when you cleanse the anal area to penetrate the anal canal. If you are cleansing the anus of a female make sure you DO NOT bring the cloth up to the vagina. Again, it is very important never to break the skin. The use a dental dam is necessary.

Methods of Exercise and Practice for Oral Sex

Exercise One

Start with holding a pencil in your mouth horizontally for five minutes and build up to fifteen minutes. Do not leave any marks on the pencil; do not bear down with your teeth. After you can do a pencil for fifteen minutes try using something a bit larger, like a magic marker. Continue to use larger diameter objects until you work your way up to a crop held for fifteen minutes with no teeth marks on it. This also is good if your Dominant is into you carrying things in your mouth.

Exercise Two

Get a thin wine flute, one that you can insert in your mouth. Practice moving your tongue around the rim of the glass while you hold it in your mouth. Do not use your hands to hold the glass. Remember, if you bite down you will have a mouthful of glass. Hold the flute with enough pressure so it will not drop. With the flute in your mouth begin with five minutes and work up to fifteen minutes. This exercise will help stretch your jaws.

Exercise Three

For this fun exercise you will need Cheerios[®] or any hard cereal with a hole in the center. Put one piece of

the cereal between your front teeth. DO NOT break it. Take your tongue and dip it in the hole. You will notice the size of the hole in the cereal is about the same size as the hole at the tip of a male cock. Learn to softly dip in and out and to rim it with your tongue WITHOUT breaking the piece of cereal.

Reaching Orgasm on Command

Many Masters/Mistresses require complete control of a charge's bodily functions, including orgasms. Charges that are trained to come on command may experience difficulty reaching orgasm without such a command. For many, this is an important part of Ds. This practice sustained over many years can deeply set triggers, which are nearly impossible to remove. There are many instances where the coming on command by Masters/Mistresses is misused in training.

Anal Sexual Practices

Anal training is preparing a charge to accept objects in the anus. Training begins with insertion of small objects usually under an inch in diameter, including a finger. Larger diameter toys are then introduced into play when they can be comfortably accommodated. Relaxation is a learned process that becomes effortless with practice. Many Masters/Mistresses require charges to wear anal plugs for prolonged periods of time as part of their anal training. This also is done to make the charge aware of service to the Master/Mistress. In time an anal plug will get dry, irritating, and finally painful if not frequently re-lubricated. The best possible scenario for wearing a plug for prolonged time periods is to limit the wearing of one to a few hours, maybe half a day. Sleeping with a plug in can

be dangerous because body movement during sleep, causing it to dislodge or even puncture the inner membranes.

Anal sex, practiced properly, is as safe as any other kind of sex. People do it because it feels good. The anus can be an intensely erogenous zone. It contains more nerve endings than any other part of the male body, and more than any part of the female body except the clitoris. Anal sex can range from simply stroking the anus with a lubricated finger, to actually sliding some fingers inside, to full anal intercourse. The anal taboo is very old, but there is no medical reason to avoid it if you know what you are doing. If you want to feel clean in order to enjoy anal sex, it's not hard to be as clean as you want. Go to the bathroom before playing, wash your anus outside and, if you wish, inside, with an enema. A two minute six-ounce enema works well for this.

The main guidelines for safe and comfortable anal sex are communication, relaxation, and lubrication. The anus consists of two rings of muscle, the external and internal sphincters. The external sphincter is the voluntary control; you can relax it at will. The internal sphincter is in-voluntary control. When you are tense, your internal sphincter will be tight. Trying to force anything into it will hurt, which will make you and the muscle more tense. The rule of thumb in anal sex is to go slowly; you cannot force your way into enjoying it.

Communicate about what you are going to do before you do it! Do not just roll over and surprise your partner with a request for anal play. If neither of you is relaxed it will not be fun. Even as a charge, you have a responsibility to make sure you both are comfortable. Relax. Listen to your body. If your ass wants to be played with, you will know, if it doesn't, do not rush anything. Your anus does not lubricate, so you need to

use a water-soluble lubricant. Use lots of it, it's messy, but clean! The more lube you use, the more comfortable you will be.

Unprotected anal sex is the riskiest kind of sex to have to have with regard to the transmission of many kinds of STD and HIV. Your partner should also use a latex barrier, a glove for fingering, a dental dam, or a piece of non-microwave saran wrap for licking, and a condom for intercourse when having sex. Anything that has come in contact with the anus should be cleaned thoroughly, sterilized, or thrown away.

It is not a good idea to force anything. If you feel pain during anal sex try to further relax the sphincter muscle. If the pain does not stop, inform your Master/Mistress immediately and stop moving. Your ass will let you know if it wants to stop altogether or begin again. Too-rough anal sex can stretch and possibly tear the anal lining, which can lead in some cases to serious infections. Anal sex should never be used with force, or as a way to inflict pain. If you ever find yourself spotting or bleeding from the rectum, go see a doctor immediately.

When anal play is proposed to the charge it may trigger residual issues and or emotions which must be dealt with first. Anal usage has always been an intricate part of submission and service. By letting your Master/Mistress play with that most personal, private, "dirty" little part of you is a scary proposition. It may include an element of humiliation and/or the further loss of control.

Positioning for anal sex

Positioning for anal sex is very important to make sure you are not hurt. Some charges prefer to be on top to be able regulate how fast the penetration occurs. Oth-

ers, however, prefer prone posture on stomach, or to crouched doggie-style. Still others want penetration while lying on their sides. Full communication with your Master/Mistress will result in a greater degree of pleasure for you both. One piece of equipment the kneeling bench, allows for the charge to kneel high and be totally supported. By using the kneeling bench, the Master/Mistress has access to all genital and anal areas, allowing for preparation and entry in a safe and pleasurable way.

Fisting

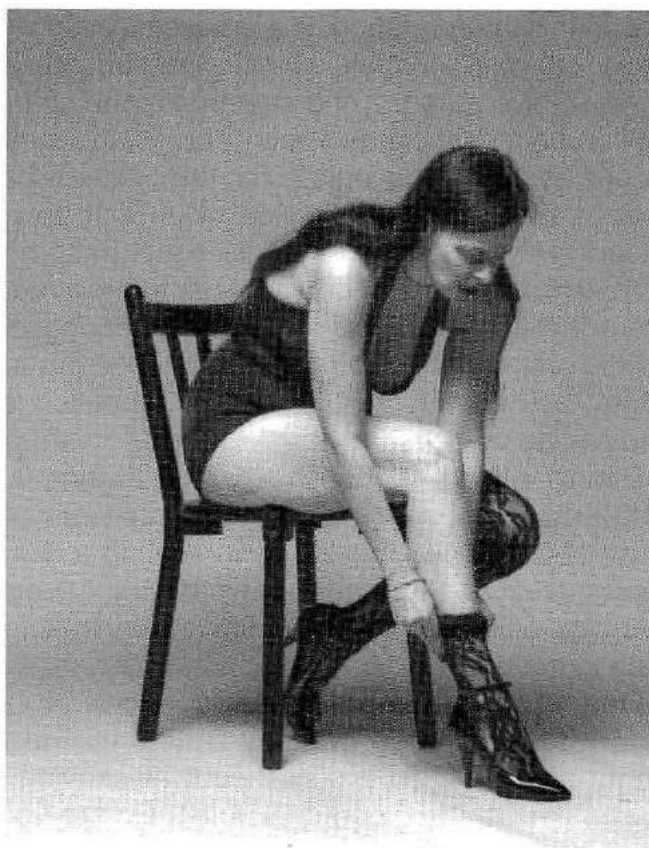
Not many people have been exposed to the idea of inserting a whole hand into the anus or vagina, which is, in the simplest of terms, fisting. Yes, it's anatomically possible, and yes, it can be extremely pleasurable.

Fisting is not making a fist and ramming it home. Fisting is one of the most intimate and complete ways to touch another human being, and it is something that has to be worked up to slowly and gently. It gives one of the most fantastic feelings of openness and connection, the magical plane that two people fisting can attain. It's an incredibly intense way to make love.

Safety concerns

1. Cut and file all your nails until every finger is as smooth as it could possibly be. Your fingers will be in some very delicate places, places that may not have pain receptors. You want to make sure you minimize all chance of causing damage.
2. Use latex gloves. AIDS is a matter of life and death.

3. You will want to gently clean your lower GI tract out with a 6-ounce warm water enema. Do not use detergent in enemas.
4. Use lots of lube. Push it in with your fingers. Make a huge mess. Get it all over your hand, the back of your hand, between your fingers. Keep applying it as you go. You cannot have too much lube.
5. Go slowly. Start with one finger working up to four fingers. DON'T RUSH! You are trying to persuade part of your body to open for you, to admit part of them deeply inside it. The energy will move back and forth, and you will ride it, coaxing and pushing, in and out, moving your bottom, and most likely going into a trance or "sub" space. Keep communicating.
6. If you suddenly hit your limit you will know. The orifice will contract, clenching tightly shut. Do not let your Master/Mistress pull out their hand out. You can pull a muscle or two if they try to back out in the middle of a contraction such as this. Stay still until the contraction ends. Only then should the Master/Mistress start to pull out. If this happens you will know to go slower next time when trying fisting.
7. When the Master/Mistress reaches four fingers you are almost there. You will be flying on pain and pleasure. If there is a sudden cringing you will find the rectum or vagina does not want to be invaded anymore. If this happens make sure your Master/Mistress respects your discomfort and pulls out slowly. If you are ready for a full fisting, then the Master/Mistress will slip their knuckles inside, folding the thumb inside the fingers their hand naturally form a fist.



Attire for many is very ritualistic, from the type of clothing to the manner in which it is placed upon one's body.

Chapter Eight: Ritual

Ritual, in this interpretation, is a practice existing within a social structure. Rituals are the constructed activities, which give purpose and structure to the charge. A ritual can be as simple as the order of words a charge uses or a system for doing a given task. Rituals can be formal or informal depending on when and how they are used. Rituals follow the same exact pattern each time they are used. They can be used to set a mood or relate a feeling. For rituals to be of consequence they need to have meaning for all involved. Without meaning they are nothing but indifferent repetition of an action having no sensitivity behind them.

Rituals in a Ds relationship can be as simple as a prescribed way of greeting the Master/Mistress. A ritual can also be as elaborate as in serving a dinner to several guests at a formal sit down dinner. Other daily rituals can include, but are not limited to, waking and retiring in the evening.

One of my favored rituals is showering. This begins with the charge properly setting up the bathroom for bathing, making sure the towel, shaving gear, hair equipment, and personal toiletries are in their proper place. The charge would then turn on the shower to a proper temperature and go kneel before the Master/Mistress saying, "Your shower is in ready." At this point the Master/Mistress might have further instruction for the charge. When the Master/Mistress has completed the shower or bath the charge would lovingly pat them dry beginning at the head and working downwards. Making sure the charge ends kneeling before the Master/Mistress. At this point again the Master/Mistress would give direction as to further

requirements of the charge. Lovely indeed, for it gives the Master/Mistress and the charge some very sensual private time together.

Collaring

The collar for most in the lifestyle is meaningful, for it is both a spiritual and external sign of devotion and acquisition. The ritual of collaring has many elements of the traditional wedding, including vow exchanges between the partners. Each ceremony can differ in the rituals practiced, but the emotions shared between the parties are always love and devotion.

In the United States there is a preliminary collar of consideration. This means the Dominant is looking at this particular charge as a potential partner. It is a time of learning each other, seeing if the charge is committed to the relationship and the liturgy of the Master/Mistress. When the charge accepts this collar other Dominants know the charge is under consideration. The charge now learns about the expectations they need to honor their potential Master/Mistress. A note here: For any Dominant to approach a collared charge is considered a breach of protocol and can have a negative impact on that Dominant's reputation.

Another form of collar some use is a training collar. A Master/Mistress gives it to a charge in training. Others use the training collar temporarily before formalization of the relationship takes place. The acceptance of a training collar by the charge gives indication of the pursuit of a much deeper commitment to the Dominant. During this time the actions of the charge are reflected upon the Dominant.

The Formal Collar is the ownership collar representing the pledge between the Dominant and the charge. It is statement of commitment, deep emotional

feelings, devotion, mutual respect and consideration. If you are invited to attend a Formal Collaring Ceremony be sure to dress as indicated on the invitation. The protocol expected by members of the community must be observed. Different areas of the country and world have different rules of protocol. If unknown to you, ask.

An Intimate Collaring Ceremony

An intimate and formal, but heart felt collaring ceremony filled with observance and ritual might go like this. The Master/Mistress enters to find the charge kneeling in wait or perhaps she/he joins the Master/Mistress and then kneels. Bidding the charge to rise and with much joy on both parties parts it may like this. The Master/Mistress and charge placing their hands atop each other. The charge's left hand is placed, palm up, signifying, in effect, that the left hand is from the heart and what the heart signifies in the relationship. The Master/Mistress then places their hand atop the charges left hand. The right hand, signifying the body, is then placed atop the left hand of the Master/Mistress, and then the right hand of the Master/Mistress is placed atop all the hands.

Once done, the ceremony continues to the placing of the symbol(s) of ownership, be they collars, rings for placement in piercing or any other type of tagging the Master/Mistress so chooses which is unique and meaningful to the partners. The words used to vow to the Master/Mistress are as important as anything else is, and they need not be spoken from a book, but from the heart. Important to this event is as well are witnesses. Ritual and ceremony is important, when your collaring is to be a long term. Once the symbol(s) is in place, Master/Mistress and charge are one.

An example of a ritualistic ceremony

The first thing is to decide on the location of the ceremony. Make arrangements for a place that will comfortably accommodate all the anticipated guests. Formal invitations must be ordered and sent out in enough time for guests to make necessary plans, and for them to respond with either acceptances or regrets.

Once the number of expected guests is known, the following steps need to be executed—

1. Menu planning and ordering
2. Floral planning and ordering
3. Music—what will be played and when
4. Accommodations for arriving guests at a suitable local hotel or motel

Day before the ceremony—

1. Final checklists of all plans at where the ceremony is to take place
2. Final check on food and floral arrangements
3. Final check of all other last-minute details

Morning of the ceremony—

1. The Handmaiden takes the charge of hold in hand to prepare her by bathing, oiling her body, perfuming her, calming her, dressing her, and attending to her hair and makeup.
2. The House Matron/Mother makes sure all details and appointments for the ceremony are in place. These would include flowers, music, seating, ashtrays and waste receptacles. She would also check to make sure the bar was set up properly, the kitchen preparations were going smoothly, and the dining area ready for guests.
3. Pre ceremony

Guests should have been instructed to arrive
one hour before hand
The maid or butler greets each guest and
properly introduces them
This time is for mingling and cocktails and light
snacks

4. Ceremony

The Master of Hold calls the assembled
guests to order by ringing a bell
The Master of Hold Welcomes those present
and introduces the Master of Intent
The Master of Intent speaks to the guests
and offers a short profile of himself, and
his authority to accept a charge in his
care.
The Master of Intent turns the procedures
back to the Master of Hold.
The Master of Hold bids the charge to be
brought forth.
The Handmaiden enters and kneels in front
of the Master of Hold and says:
"Master, May I present you, the charge," (his
or her name).
The charge, wearing only a loose cloak,
enters and stands before the Master of
Hold. She greets and acknowledges him
by softly saying "Master."
The Master of Hold endorses the charges'
presence, usually with a nod.
The Master of Hold removes the charge's
cloak and hands it to the handmaiden.
The charge kneels, facing the Master of Hold.
The Master of Hold visually inspects the
charge.
The Master of Hold turns and faces the Master of
Intent and says,

"Master, I offer and present for your inspection and acceptance, this humble charge."

The Master of Hold then hands a crop, which he has been holding, to the Master of Intent.

The Master of Intent accepts the gift of the crop.

The Master of Hold then commands the charge to turn and face her intended Master.

The charge assumes a formal presentation kneeling position, facing The Master of Intent softly whispers "Requesting your grace, Master."

The Master of Intent then commands the charge to display different postures and perhaps to recite some of the rules or disciplines of the Master of Intent. This is a time of testing and can take half an hour or longer. In some instances, the Master of Intent could decide to make this part of the ritual last for days, in which case, the attendees would be accommodated.

The Master of Hold now suggests to the Master of Intent that he might be in need of refreshment.

The charge, with permission, rises and exits and returns with refreshment for the Master of Intent. Her service reflects the manner in which she has been trained.

The Master of Hold then releases the charge to go and "renew" herself, which is her chance for a brief respite. This might be no longer than ten minutes.

The Master of Hold then suggests to the assembled charges that they, too, attend to the needs of refreshment by their Master/Mistress.

At the end of ten minutes, or any other designated amount of time, the Master of Hold then rings

the bell returning all to the assembly.

Depending upon the time of day, this period of time might include a meal for the guests.

Upon reconvening at the sound of the bell, the guests reassemble.

The charge returns and formally kneels before the Master of Intent.

The Master of Hold addressed the Master of Intent and asks, "Master, have you decided to accept this charge?"

The Master of Intent would then say aye or nay or he might ask additional questions of the charge.

If his answer is "Nay," the charge is dismissed. In this case, she would be escorted from the room by the handmaiden.

If there were a question for the charge, she would answer at this time.

If the answer is "Aye," the handmaiden would rise and take from a hidden place a tray previously prepared with all of the items needed for the next part of the ritual.

The handmaiden presents the tray to the Master for his approval. She moves to the right of the charge and kneels to the right of the Master of Intent, holding the tray within the Master's easy reach.

The Master then takes the paper on which are written the Vows of Affirmation from the tray and reads it aloud.

During the reading of the Vow of Affirmation, any of the items on the tray, such as a collar, ring, tag, knife, flower, are handed to the Master by the handmaiden as he bids. Each affirmation vow varies as does the timing and methods. The Master of Intent chooses the manner in

which the charge will be marked as his, be it by collar, tag, tattoo, or branding.

The charge's new Master would then place any symbol on the charge at the proper time during the reading of the Vow of Affirmation.

At the end of the reading, the Master of Hold is the first to sign the Vow of Affirmation. The handmaiden signs next, then the charge signs, and finally, the New Master places his signature and the date on it.

The Master rolls the Vow of Affirmation paper into a scroll and hands it to the charge.

The Master then gives his hand to the charge and orders her to rise.

The Master then presents the charge to the guests as his own.

Guests then give congratulations to the Master.

The charge leaves with the handmaiden to change and prepare for the next part of the celebration.

5. After the ceremony

The Master announces that a feast of celebration will commence in a half hour, which allows the guests time to prepare for the meal.

The charge returns to assume her official duties in supervising the kitchen and the final preparations for the feast.

At the charge's signal, the butler, maid or a handmaiden rings the bell and announces that "dinner is served."

If dining is the form of a buffet:

The charge is first at the table to prepare a plate for her Master and serve it properly to him.

When this is done, the guests are free to be served by their charges.

If a formal sitdown dinner:

The Master goes to the dining area and the other Masters/Mistresses are seated first. Charges are seated as their particular Master/Mistress sees fit. After a few words from the New Master, and his seating, the food service begins with the Master of the House served first. Service continues to the left until all Masters/Mistresses are served. The newly acquired charge is served next, followed by all of the other guest charges.

Chapter Nine: Posture and Stance

For many in the Ds community posturing or stances, better known in the US as positions, is one way for the charge to display his/her submission to the Master/Mistress. It is also a common way for a Master/Mistress to explain his/her personal ritualistic and ceremonial preferences to the charge. No two Masters/Mistresses will have a charge do postures in the same way or perhaps for the same reason, for the meaning of a displayed posture given circumstance at the time of accomplishment.

There are four primary ways to categorize postures:

- Formal
- Relaxed
- Sexual
- Disciplined

All of these categories are administered in the following positions and presented with grace and beauty. The hands and body placement show sexual readiness, seen as the hips thrust forward. The whole posture almost tells a story of what the posture is being used for. An example would be hands butterflyed over a charge's head showing they are ready for a formal inspection or at another time this would mean they are ready for discipline. The crossed wrists of the butterfly show a self-bondage to the Master/Mistress.

There are sixteen basic postures with nearly infinite variations to each, depending on the personal preferences and imagination of the Master/Mistress. If

one does their math, they would see sixteen fundamental postures with four stances in each making sixty-four distinctive postures to be learned.

A word here about physical limitations and posture. A charge, as well as the Master/Mistress, needs to know what physical limitations the charge has. Some positions require a very limber body. There are postures that significantly overweight or aged charges find more difficult to execute. It is best to make sure the postures one demonstrates are of beauty and grace and not of pain. Performing postures also should not place the charge in a situation to cause embarrassment or physical injury.

Postures, like anything else, need to be practiced and setting aside a block of time daily works best. Postures chosen to practice would, of course, depend on the wishes of the Master/Mistress, but there are some tricks to doing them by yourself without a watchful eye. A full-length mirror is wise for any practice of a skill, enabling the charge to see what they are doing with ease. Granted you cannot see your back, but a quick turn of the head can see foot placement.

Another good practice technique in posturing to keep the back straight is to practice with a door edge at your back. This will not only keep the back straight, but will also make sure the body is symmetrical. Standing against a wall will enable the charge to learn to gear how far the shoulders are thrust back. A simple line on the floor allows the charge to practice postures and by being able to see the feet, the charge can check if the feet are lined up evenly and at the right width. An inexpensive length of rope or ribbon measured from the shoulder to the floor is a good way for a charge to see if the feet and knees are aligned with the shoulders.

To be graceful and well balanced, feet should be at shoulder width during posturing in a kneeling or standing position. For most charges, this is eighteen inches to two feet from the outside of the foot. When the charge is in a standing posture the knees should have a slight bend to them to prevent stiffness and to add to the grace of the stance. The bending of the knee also helps prevents the charge from becoming dizzy or losing consciousness.

Body language is as important as the posture itself. The manner in which the eyes and head are diverted shows the degree of the charge's subservience. If a charge has their head up or to the side, this shows a stance of pride, which many Masters/Mistresses do not see as proper. Other parts of body language during posturing includes, the placement of the hands, rise of the chest, tightness of the stomach, and if the pelvic area is thrust forward or not. Small movements or adjustments make a great deal of difference between fluid movements in carrying out of the posture or "just doing it."

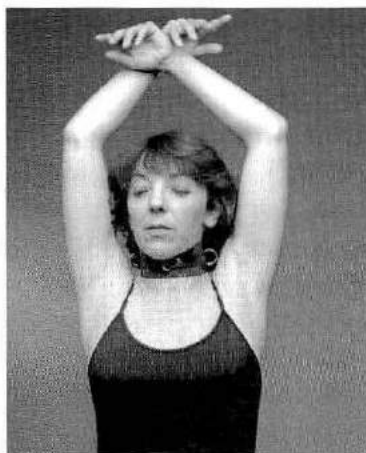
The attention to the finite details in posturing are what make each movement or stance a ballet as the charge moves from one posture to the next in presentation. The bottom line to executing postures in an exceptional manner comes first from the careful understanding of how your Master/Mistress chooses that particular posture to be presented. It is very important to feel differences in your body when your Master/Mistress changes the posture to suit their desires, after all, it is your Master, or Mistress you are pleasing.

Arms and hands have many different meanings during posturing. The right hand out signifies ownership the body, the left out, ownership of the mind and soul of the charge by the Master/Mistress. Fingers can

either be interlocked, showing bondage or laid on top of the other. Again, the posture or the meaning the posture asked for by that particular Master/Mistress tell how the hands are to be placed.

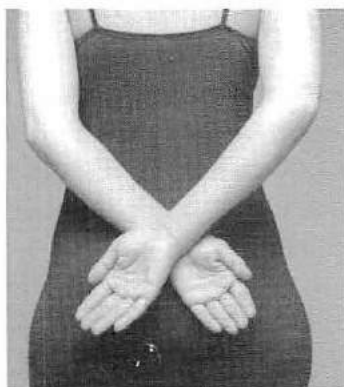
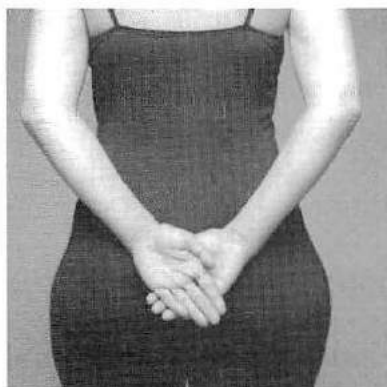
Hand placement can be any of the following placements:

Hands above the head are a very formal placement.



Hands displayed atop of head or at the neck are termed collaring or collar positions.

Hands in the small of back indicate a lower state of waiting.





Hands by sides, on the front of thigh palms up or out show submission.

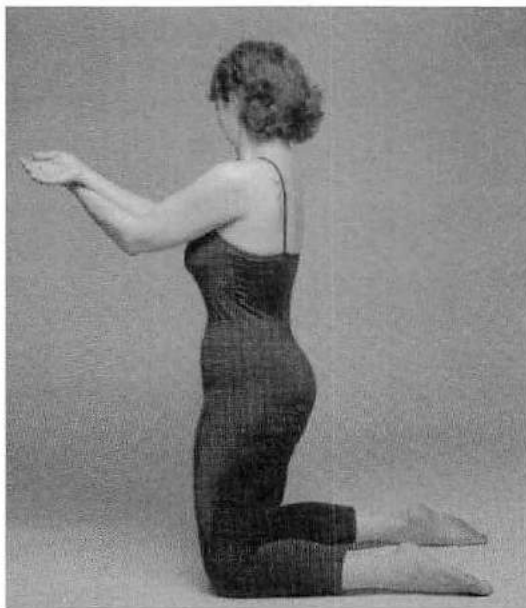
Hands on ankles, inner ankles, outer ankles, hands on knees, held out to side, or held out to side at right angle up are also possibilities.

Head positions also vary between each Master/Mistress. Some wish the charge to hold their eyes direct, Other Masters and Mistress wish the head not directly upright, but the head tilted up or down or the head tilted to one side. In most formal situations, you will distinguish that a well trained charge. Depending on the ways of the Master/Mistress, the charge will lower their head, eyes, and present with a slight tilt of the head away from the Master/Mistress.

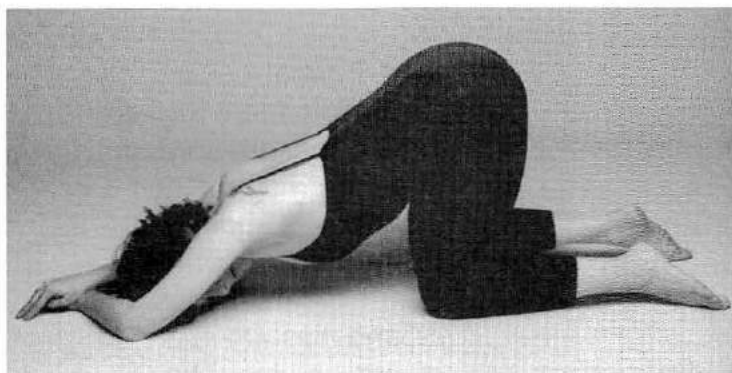
In the section below I have set aside 24 primary postures to show the performance of the major postures including kneeling, standing, sitting and laying down. Remember, however, there are many variations

to these basic ones. Postures also include squatting and specialty positions, such as being a table or footstool.

Kneeling Positions



1. Formal Offering: Knees are spread the width of the charge's shoulders with the feet, knees, hips in a straight line. The back is arched and the shoulders are back. The head and eyes are lowered with the head tilted to the right just a bit. The buttocks are pulled under. Note the hands are crossed, showing the charge offering herself to the Master/Mistress.



2 Sexual: Knees and feet spread to the width of the charge's shoulders for proper balance. The charge's head is lowered to the surface be it bed or floor, and the back is arched. The buttocks are raised and thrust back. The charge's toes are to the floor with heels up. The hands are aligned with the spine with the wrists crossed in a butterfly position above the head.

3. Formal Crop Handling: The knees are spread to the width of the charge's shoulders for proper balance. The feet and hips are in line with the shoulders. The right hand is a nose level with the handle just off the fingerrips. When the crop is raised, both hands work in unison.



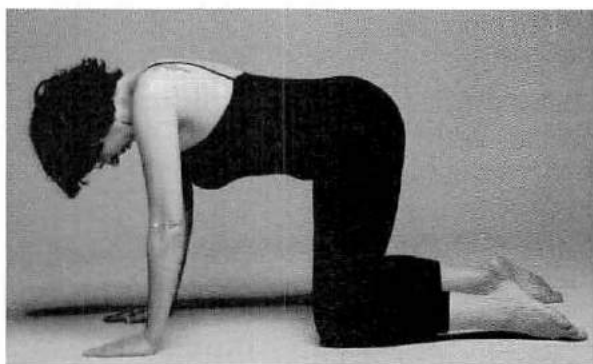


4. Formal presentation: Knees and feet are spread to the width of the charge's shoulders for proper balance. Shoulders, knees and hips are in a straight line. The wrists are crossed above the head in butterfly position. Head and eyes lowered.

5. Informal punishment: The legs and ankles are spread to the width of the charge's shoulders for proper balance.

The knees are at shoulder width.

The buttocks are raised and the

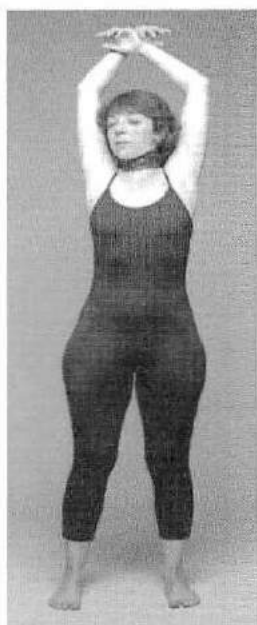


back is straight. The hands are even with the shoulders about four inches from the body. The head can either be raised or to the floor.



6. Knees and feet are spread to the width of the charge's shoulders for proper balance. Feet and hips are in a straight line with the shoulders. Hands are palms up at the junction of the upper thigh and torso. Buttocks rest on the ankles, and the head is lowered.

Standing postures



1. Formal inspection: Feet are spread to the width of the charge's shoulders for proper balance. Mons and hips are thrust forward. Head and eyes are lowered with the head tilted slightly away. Hands are in butterfly position over the head.

2. Turning presentation: This presentation is accomplished in four quarter turns. Hands are at collar (at the neck). The back is arched feet spread to the width of the charge's shoulders for proper balance. For each quarter turn the charge holds the stance for ten seconds. When the charge's back is to Master/Mistress a graceful bend from the waist is accomplished and held for five seconds. The charge then raises to hold the stance for five seconds before doing the next quarter turn.

3. Bending presentation: Feet are spread to the width of the charge's shoulders for proper balance and eyes lowered. Hands begin imder breasts, move slowly down the front of the body. When the hands get to just below the belly button, the charge begins to bend at the waist. As the fingers reach the labia lips, the thumbs apply pressure to the area, opening the lips. Once this is accomplished, the fingers continue down the inner thighs and calves to the ankles. At the ankles the charge will hold them on the inside for a count of five and then continue up the body until the charge is at the original posture they started from.



4. Unbound whipping position: The feet are planted firmly on the floor and spread to the width of the charge's shoulders for proper balance. The lower arms are even with the top of the head. The hands are placed on top of the head with fingers intertwined. The buttocks are pushed out and back. The head and eyes are lowered.



5. Bent for punishment/offering: Feet are spread to the width of the charge's shoulders for proper balance. The charge is bent from and at the waist. Hands are placed on knees and the head is down. The knees have a slight bend to them ensuring they will not lock (locked knees can cause dizziness and fainting,) and for better balance.

6. Relaxed: Feet are spread to the width of the charge's shoulders for proper balance. The hands are placed at the small of the back palms one over the other, usually the right hand out. Head is relaxed, forward and down, and eyes are down. Note: A variation is hands to the sides.

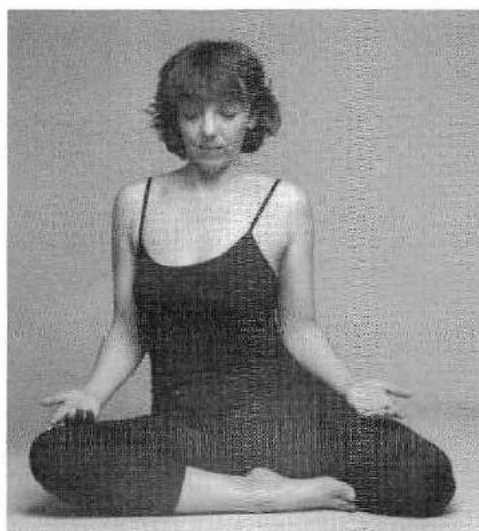
Sitting Postures



1. Chair, relaxed: Knees spread to the width of the charge's shoulders for good symmetry and balance. The ankles are crossed. Hands are placed on the thigh palms out. A variation leg for punishment self bond would have the charge hooking his/her ankles behind the chair leg and placing the hands behind back.

2. Formal leashing and collaring: Knees are spread to the width of the charge's shoulders for good symmetry and balance. The hands begin at the neck under the hair and brush hair up off of neck and are placed on top of head with the right hand on top. Head is slightly raised and forward. The eyes are lowered and the shoulders are back and straight.

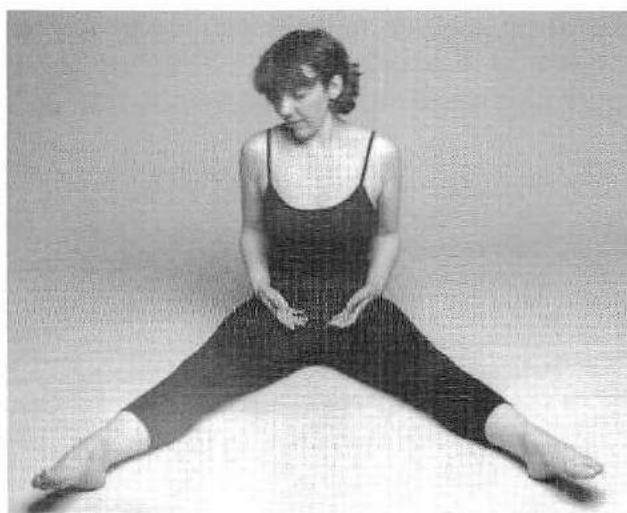
3. Wrist offering: Knees are spread to the width of the charge's shoulders for good symmetry and balance. Bring hand up together at wrist with the palms up so they are at a level with the Master/Mistress' waist. The head and eyes are exaggerated in a lowered position.



4. Sitting/Half kneel: The charge is on a surface (floor, bed, or platform), one leg bent with the foot at the knee of the second leg, which is straight. The hands rest on each thigh palms up, showing submission to the Master/Mistress. The head and eyes are lowered. The back and shoulders are straight.

5. Yoga: The heels of each foot are placed to each knee. Hands are placed behind the back with fingers in any of the acceptable placements. The head is tilted down and the eyes are lowered. The back is slightly arched and shoulders are straight.

6. Informal: On the floor or bed the charge sits with legs open. Body is straight, head and eyes lowered. The hands are at the juncture of the torso and thighs with palms up.



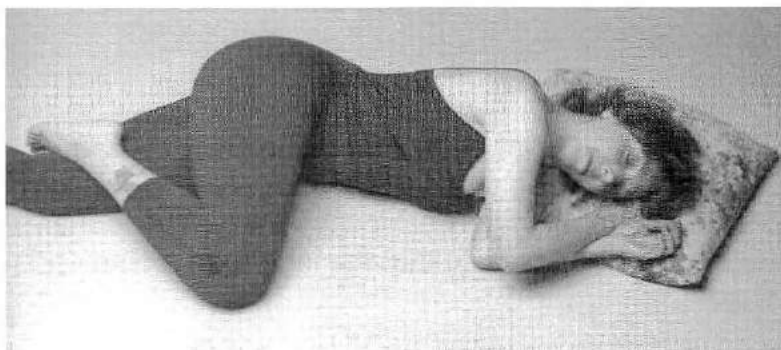
Prone positions

1. Back Sexual: The legs are in a "V" position with the knees up in air and spread to the side so nothing is hidden from the view of the Master/Mistress. The arms are above the head with the wrists crossed.

2. Back: The soles of the feet are together with knees to the surface. Hands are above the head with wrists crossed. Head is to the side with eyes lowered.

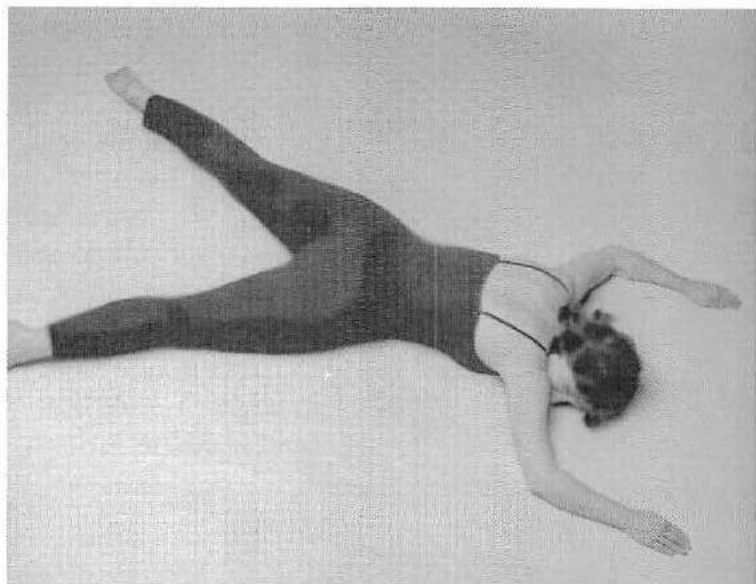


3. Back: "W" sexual position: The knees spread and placed to the shoulders with the lower part of the leg extended toward the ceiling. The arms are then wrapped around the legs going from the inside out to ensure the legs stay wide and in place. The hands hold onto the ankles.



4. Side sleeping position: The bottom leg is held straight and the upper leg is bent at the knee with the ankle resting on the knee of the lower leg. This ensures that the buttocks are pointed up. The arms are bent and hands are together in a "praying" position under the cheek or at collar with wrists crossed in self-bondage.

5. Front: Lying flat on the stomach, the arms placed over the head on the laying surface with the wrists crossed and elbows slightly bent. The head is to one side with the chin almost touching one shoulder. Legs are spread and flat to the surface.



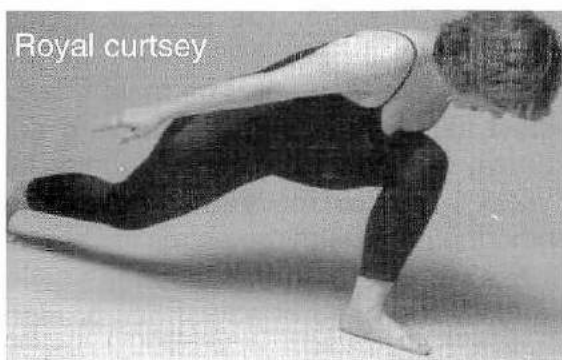
6. Frontal: Lying flat on stomach, the arms spread making a "L" at the elbows. The hands are even with the head approximately six inches away. The feet are together at the soles so that the legs form a diamond shape.

The Curtsey and the Bow

Curtseys and bows are two common forms of greetings to a Master/Mistress. A well-executed curtsey is very graceful taking much practice to perfect and the bow of the male charge is equally as graceful, if well executed.

There are three forms of curtsey—bent knee, leg back and Royal. In all but the Royal curtsey the head is slightly tilted to the right or bowed down. The eyes are lowered and the back is kept straight in most curtseys.

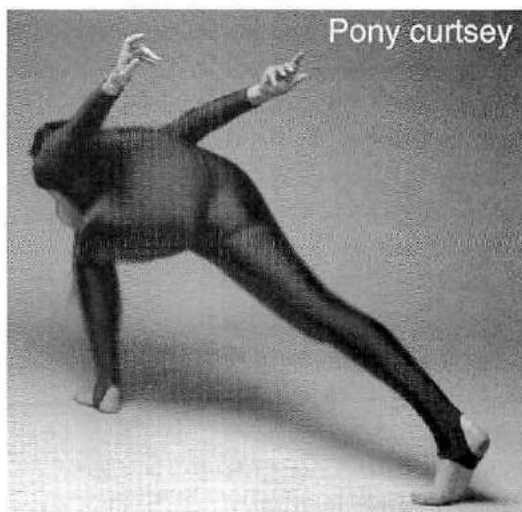
The bent knee curtsey is accomplished by placing the right foot about three inches behind the left foot and slightly to the left. The knees are bent a fourth to a third the way down. The bend is held for two seconds at which time the charge rises and returns the right foot to its proper placement. The leg back curtsey (right) is accomplished in much the same way as the bent knee but with the right leg going straight back instead of behind the left foot.



The Royal or pony curtsey is reserved for Royalty (Queens and Kings) or at the end of a

pony exhibition as a pony bow. The right leg is placed straight back and the charge would bend on the left leg as close to the ground as possible. The position is held for three seconds.

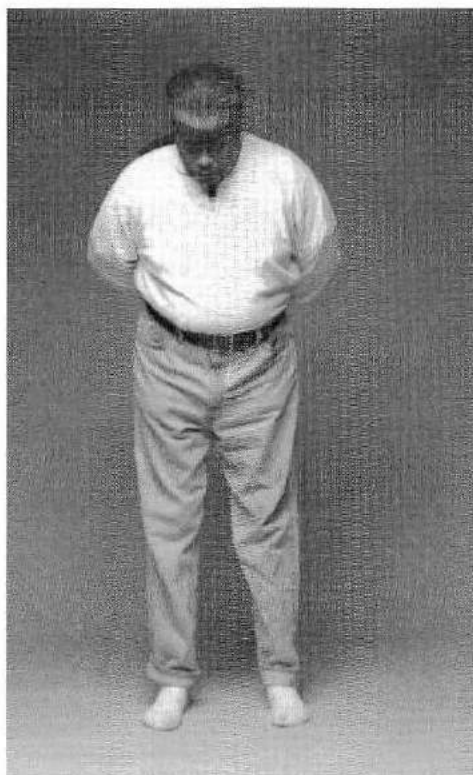
The charge then raises by bringing the right leg back into position as they rise. This is the only curtsy where one leans forward, depicting submission and respect.



Pony curtsy

Hand placement for a curtsy varies by the preferences of the individual Master/Mistress. Some require hands behind the back and others at the side. In the European style, the female charge might as well offer fourth the right hand to be kissed.

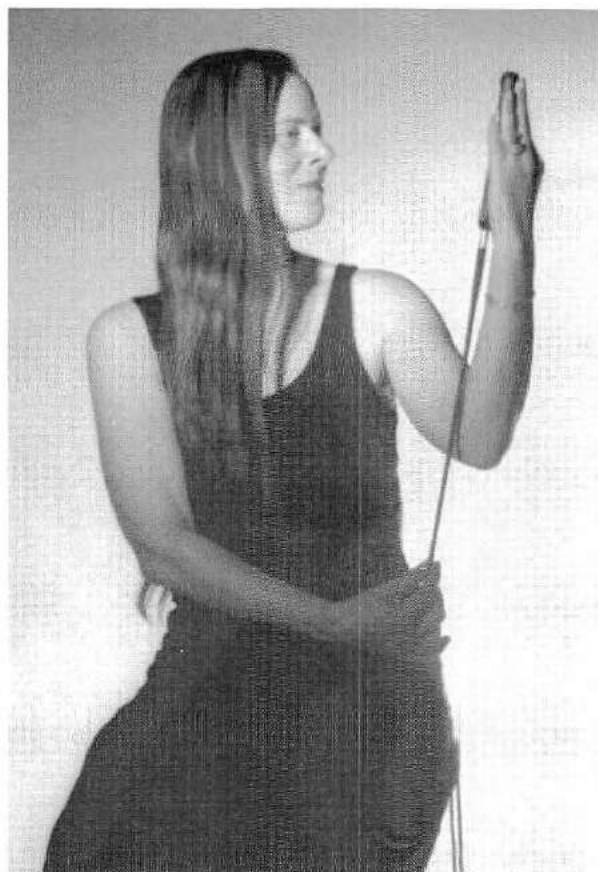
In executing the perfect bow, the head is tilted forward and the eyes are lowered. The back is straight although some Masters and Mistress prefer it arched, and the feet during remain together. The male charge bends at the waist about thirty degrees forward and holds posture for two seconds. He then would raise his body from the waist up to position. Hands are held at the sides or behind the back, with the palms inward, as the Master/Mistress dictates or in the European style, the charge would kiss the hand of a Mistress or Master's Lady in respect.



Suffice to note that Gentlemen bow, Ladies curtsy.

Section Three

Tools of the Trade



Chapter Ten: Sexual Implements

Introduction

Implements fall into three general categories, that of non-sexual, sexual and pleasure/discipline. Implements often times cross lines or the line is fuzzy and implements can be either sexual or punishment devices, dependant upon the manner of use at the time. Of more importance than any device, implement or toy, is the human mind. The mind is the most sensual, erotic and creative property available and being always there, is the key to this and all lifestyles, one might encounter. The hands used well are the second best of all stimuli. Hands provide great multitude of sensual, sexual and erotic stimulation, however, if used poorly, harshly or with a lack of care, can and will be the biggest turn-off you will encounter.

A word of safety here on the keeping of sexual toys clean. Many toys, if not battery or electrically types can be kept clean and very easily by running them through a dishwasher after usage. While being used to protect one from any germs always put a condom over any insertable object. This will not only ensure that the implement stays free and clear of germs, but also will protect you from any infections you might have had and not been aware of.

It is critical you keep any device, implement or toy that could or will be inserted into a body cavity impeccably clean. The real dangers of infection cross transition or by bacteria growth are very high and very real. In today's society with its growing number of mutating, often incurable or potentially fatal diseases, a number of precautionary techniques should be followed.

Keep items such as dildos and vibrators clean. Wash non-electrical types with a good bacterial prohibition solution or soap, rinse them with very hot water and dry with a clean paper towel! Sterilization of non-electrical items may be ran through your dishwasher. Never should you use a dishwashing detergent or the heated dry cycle. Dry these items with a clean paper towel before storage. Simply run the full cycle for the high water temperature sterilization. Store items in an airtight plastic bag or box where airborne or contact infections cannot penetrate. DO NOT, store such items in a cloth towel as these tend to be a breeding ground for bacteria and germs.

Condoms, though not the best of methods, can be used on some insertion devices. Condoms should always be used if the item in question is from an unknown source or has been used by another person without a full sterilization process. Note: it is best never to use a common device or one from an unknown source. You may well be submissive, but the Master/Mistress is never worth dying for. Condoms on personal items do inhibit infection or re-infection if properly used.

Remote Controls

Battery or electrically powered devices such as some dildos, butterflies or vibrators come equipped with a separate remote control box. This box controls the speed or movement of the device and is often used at the whim or discretion of a Master/Mistress to extended sexual utilization or self-stimulation.

Dildos

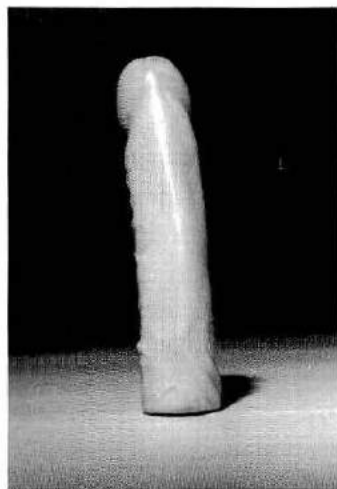
In the most technical of terms a dildo is an artificial penis. The dildo has been in use for centuries and are

recorded used in the times of the Roman Empire and in many ancient Oriental cultures. Today's dildo is usually penis shaped and come in many differing sizes, textures and colors.

Dildos are available either with or without additional electrically operated vibrators. They are made of many different materials, but the most common are cast of lifelike rubber or plastic compounds. Some are rigid, some are soft, and others are filled with jell for a more lifelike feeling and greater flexibility.

The two most common types of dildos are a single penis and a double-ended, longer version with two, penis shaped heads. A double ended dildo is common for multiple insertion vaginally and anally or insertion between two persons, usually both female and vaginal to vaginal, or a variation of anal-vaginal.

Dildos are made with life-sized testes, handles, and there are several pump varieties that ejaculate when filled with a liquid and the attached bulb is squeezed, with additional bump, points, ribs and other raised portions on the penis shaft to promote additional stimulation. Some versions offer several points of stimulation to either vaginal/clitoral or vaginal/anal. Dildos can be purchased in sizes ranging from an inch in length and one half-inch in diameter to those the size and shape of a large male arm and curled fist. There are several very lifelike versions of animal penis replications available in the Orient including dog, don-



key, horse, monkey, pig and, for the very brave of heart, elephant.

Dildos serve a purpose other than simple sexual pleasure. In some instances a small dildo will be inserted vaginally or anally for a specific period of time daily of a set period, progressing to increasingly larger versions until the body has trained itself to easily accept very large and thick objects. They are commonly used as well in oral training for acceptance to depth and circumference in the training techniques of oral gratification. Dildos are as well commonly worn by females, on a harness or belt on the pubic mound to simulate intercourse or anal penetration between two females or in the anal penetration of a male.

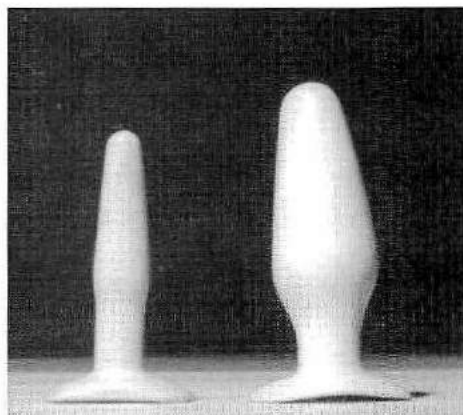
Vibrators

Like the dildo, vibrators come in many different size shapes and colors and have many purposes. All vibrators share one thing in common, there is an offset weight on a small electric motor that when the current is increased or decreased speed up or slow down changing the intensity of the vibration and sensation. Variations include those that simply run at one speed to those that are fully adjustable to speed and as well movement up and down or made to gyrate in a lifelike manner.

There are many variations to vibrating devices. Some of the most common include simple plastic models of a tubular design with one end slight pointed for insertion. Ovals that are shaped like an egg that may be inserted vaginally, (not suggested for anal use,) butterflies that are worn with an attached belt for clitoral stimulation, and nipple and clitoral clips that vibrate. Some are made specifically for anal insertion and come with several attachments to make them as

diverse in use as possible. Vibrators commonly use a battery for powering the motor, however, some of the more expensive and better made models plug into an electrical outlet and use a transformer to control the device.

Anal Plugs, Probes, Balls



Anal plugs safely used have clear intent: 1. to prepare for anal entry; 2. to prepare if you are pony training; 3. some use it for humiliation; 4. the keeping the mind-set on the Master/Mistress. Plugs are very strong psycho-

logical devices in submission. The use of plugs at first can be very uncomfortable due to anatomy, and working the muscles that are for elimination, not entry. If there is any blockage between the colon and the anal opening it can make the already existing blockage worse. If one is using a larger plug it can stretch the muscles or if a plug is used too often it can permanently stretch the anal muscles so that in later life may cause problems in bowel movements or in the retention of bodily waste.

Plugs also can be very erotic and can be very sexually stimulating. For many people anal organism are very satisfying and sometimes even better than a vaginal orgasm.

Care of Insertables

When you are going to use an insertable put a condom on it and after every use sterilize them. Dildos, butt plugs and other insertable tools, except for most metal ones, are porous and hold trace particles no matter how well you clean them. Most non-electric insertable tools can be put in the dishwasher to sterilize. The use of a condom helps keep down infections. Always carry your own plugs. Do not let a Master/Mistress use an insertable tool on you that has been used someone else.

Sometimes you might feel like the anal muscles cramp, but not like you are in pain. This is most likely the body getting used the plug. In other words the body saying "HEY YOU! What is this thing? It ain't supposed to be here."

(Side comment)

When you cough see how far you can toss the plug across the room.

Wearing a plug all night can be done, but it is a thing for "once in a blue moon" not for regular usage, under very controlled and watched instances. I personally would fear damage to my charge from perhaps in sleep the charge rolling over and the becoming miss aligned or ejected.

Ejaculation into the anal canal may cause health risks. Always have your partner uses a condom. It is very easy to transmit STD and AIDS through the fragile tissues of the anal canal and there is a good chance for tears to happen thus getting into the blood stream at a faster rate. Because the anus is not self-lubricating you need to use large amounts of lubricant, but even then tears can happen so proceed with caution.

Do not, even when using a condom, move from anal to vaginal intercourse or oral acceptance of the

penis. Even though a condom is used, other genital areas might not be as clean as necessary after anal penetration. It is a lot safer and hygienically more sound to go from vaginal to anal entry.

One last point here. Entry of a plug, penis or other devices into the anal canal pushes back what naturally is there. Some people do have problems with constipation after anal play. A good vegetable laxative will work wonders if this indeed, happens to you.

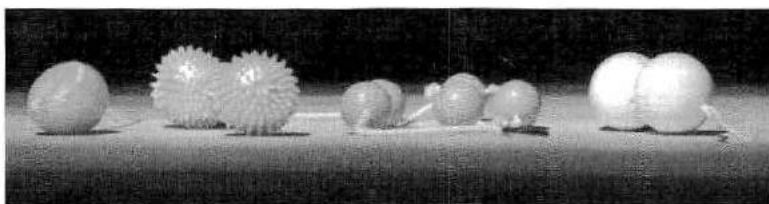
Chemical Stimulants

Amyl nitrite is about the most common chemical stimulant used. It gives you an euphoric high for a brief period of time and is known to promote orgasm. Excessive use is dangerous because it is known to have caused heart, brain and sinus damage in some people.

Suction Toys

Suction on different parts of the body can be a lot of fun, but also very dangerous if not used by someone who would know the danger signs of too much suction. Suction can enhance sensitivity, but in the wrong hands can draw blood. Most parts and places on the body can be suctioned effectively. The back has for centuries been suctioned as a form of Oriental massage to bring the blood flow safety to the surface. Materials used for suctioning the body can be as simple as a very small glass and candle to elaborate kits bought in massage supply stores. Many people use snake bit kits for suction play and if used correctly is a safe and sane enhancement to the toy bag.

Balls

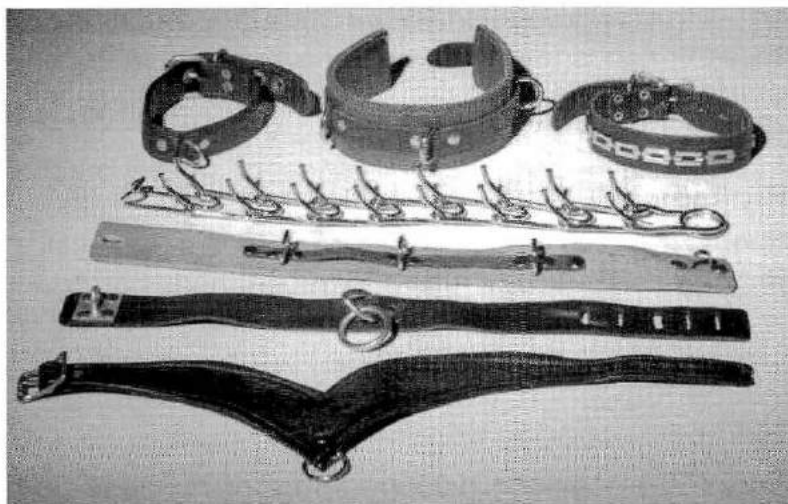


Many today use balls inserted into orifices as toys. The most ancient of these, Ben-Wa balls, come to us from the Orient. They are a set of two small weighted balls that when inserted into the vagina move and bounce together producing a strong stimulation. The trick is to keep them in while sitting or even walking. Today many people use the oriental handballs that have musical tones in them, so when walking they not only "clink" together causing sensation but also make music.

Another type of ball that is used vaginally and or anally is stringed balls. These come in pre-stringed sets from two to as many as seven balls. One advantage that stringed balls have over loose ones is a greater variety of uses. The Master/Mistress can pull on the string giving sensation at any time. During masturbation the charge can tug on the string to create sensations at their leisure. One other point about the balls on the string: the sensations they can create depends on how fast they are withdrawn from the body. Like anything inserted into the body, properly clean and sterilize the balls after use.

Chapter Eleven: Small Implements

Collars



Collars come in many shapes, materials, colors and sizes with most designed specifically for the wearer. Leather collars are most common for sessions with light chain collars coming in a close second. Collars are worn for first a showing of pride of possession, for bondage, posture training, leash training and for many other reasons. A play or training collar may have several "D" or "O" rings attached for securing the charge to objects such as posts or racks or to insure proper placement and inhibit movements.

Restraints

There are many types of restraints used in BDSM, the most common being leather wrist and ankle cuffs, belts and harnesses. One restraint that frightens many charges is a full head hood, which deprives the charge of sight, often causing panic in those with a tendency to being claustrophobic. There are many variations to types of hoods and to the materials used in their construction. Some hoods may deprive one of sound, smell or taste, as well as sight and other variations include built in gags, penis replicas, or special breathing devices. Latex or rubber hoods are often tight fitting and worn for extended periods are potentially dangerous. Be sure if a latex or rubber hood has been worn by another person it has been thoroughly cleaned before it is used again.

Locks

Locks are common in many forms of bondage and come in a variety of shapes, weights, materials, and sizes. Locks help assure the Dominant a charge does not escape certain types of bondage and add depth to the feeling of being well secured by the Master/Mistress. Psychological aspects in the use of locks vary from charge to charge and some dislike locks due to feelings of claustrophobia. If using 'key' type locks make sure there are two keys easily available and the locks well maintained and oils are not used to lubricate them. Graphite is the only recommended lubricant for locks as oils can cause them to become sticky and difficult to open or unlock. Combination locks are dangerous in emergencies and never should be used in bondage.

Blindfolds

Blindfolding is a common practiced to deprive the charge of sight and to help enhance the other senses. Often charges placed in blindfolds are unaware of their surroundings, excepting through the tactile senses. Blindfolds are available in any number of various materials and textures, with the most common being leather, materials, or fur lined with each offering a varied sensation. Blindfolds may be worn for extended periods of time with little or no ill effect upon the charge. A word of caution to wearers of contact lenses. For safety reasons you should take out your contact lenses before blindfolding, helping to prevent dryness, undo pressure or rubbing of the lenses that may cause irritation or infection.

Gags

Using a gag is typically the application of an apparatus that limits speech, yet allows the charge to breathe freely around the device. The use of gags for some charges is a subject of controversy, fear, or revulsion. Some charges love to be gagged while others find being gagged a distasteful and frightful experience.

Before a Dominant uses a gag on you, there are parameters you need to know. First, when using a gag, make sure before use that it fits your mouth, allows for swallowing, coughing or sneezing in comfort. The average ball gag you can buy in a shop is oversized for many people and this is true for most penis-shaped gags as well.

Gags appeal to certain fantasies, and there are many sizes, shapes, and even colors to choose from in adult oriented stores. After cleaning a used gag, be sure to pack it with a clean cloth available for drooling

the next time the gag is used. The objective of a gag is to make the charge feel subservient or for some, humiliated. The gag takes away coherent speech and at times makes it almost impossible for a charge to make coherent sounds. The gag is there to make speech or sounds slightly difficult, not prevent them entirely.

A warning here about inflatable gags. Unless you know well and trust the Dominant, using an inflatable gag is potentially dangerous. The Dominant can not really see the insert to be able to tell how inflated it is and often times these devices are much easier to inflate than deflate. Any inflatable tool such as gags, dildos, and anal devices tend to break easily. It is very embarrassing taken to the ER to have one of these devices removed.

Another word of caution here is about letting a Master/Mistress use cloth as a gag. The answer should be NO! Cloth wadded or balled and placed in the mouth can seriously hamper breathing. There is no place for the saliva to go with some materials, and heaven forbid the charge has to cough or in an extreme case vomit. They can easily choke on their own fluids. A very scary thought here.

Another frightening thought is the taping of a charge's mouth and we see this a lot in bad porn movies or magazines. When the mouth is taped, the only air passage is the nose and if the nose is blocked for some reason, no air can get to the lungs and well, enough said. One last thought on tape. Tearing off tape is painful and can leave marks that will last for days.

If you have a concern or fear of gags, you might try this. Buy a small rubber ball and hold it in your mouth for several moments. Each time you do this increase the time the ball is held in your mouth until

you are fine for fifteen minutes. Then go to a bit larger ball and repeat the exercise and so on until you are comfortable with an object in your mouth for up to thirty minutes. Just a little trick that by allowing you to remove the ball at will you will quickly be able to withstand a gag for increasingly longer periods.

A very important point for the charge in using gags with a Master/Mistress is that a safe word may be difficult to use due to the lack of coherent speech. Instead of a safe word, a safe signal is a good substitute. An example is to hold an object and then if problem develops the charge can simply drop it. I like to use a round ball-shaped bell, so when it hits the ground you not only know by sight and also hear it. Many people like to use the dropping of scarves or the snapping of fingers to signal problems during gagging.

Unfortunately, in some bondage applications head nodding is impossible as a signal while gagged. For communication if this is the case, the deaf alphabet used for the charge to "talk" to the Master/Mistress is an excellent alternative. Variations on this include finger signals, such as one finger "wagging" means stop or two fingers in a "V" sign meaning everything is just fine, forge ahead.

Bits and Bridles

Bits and bridles are used mainly in pony training though some Dominants prefer a bit to accomplish the same end as the gag. Here again are the same warnings as with other kinds of gags. The bit must fit the mouth properly or can cause tears or pinching in the sides of the wearer's mouth or on the lips and tongue. In certain types of training the bit is used to guide the charge in differing manners and postures and this makes a properly fitting bit, a must.

Cuffs

One thing that most people see and use the most are cuffs and these include, wrist, elbow, and ankle. There are many purposes for and many differing types and styles of cuffs on the market with each designed for a specific usage. The metal police style handcuffs that so many relate to Ds, is the most dangerous type of cuff to use. These cuffs when pulled upon, or placed on the wrists "police style," meaning "snapping" on the wrist like we all see on television, even when lined with fur or leather can tear skin, bruise, or cause nerve damage.

The safest cuffs are those well made in leather, stitched or riveted and with sturdy and secure buckles. Some cuffs with Velcro closures open unexpectedly and are very dangerous in any form of suspension. All cuffs are for specific purposes and those not designed for suspension are very dangerous if miss-applied and/or not of sufficient strength or design to hold weight properly. All cuffs should be inspected frequently for wear and tear, leather, or metal cracks, loose rivets or stitching. Frequent inspection can save much unneeded pain or damage in the end. Cuffs made of leather must be soft and well oiled with high quality oil. If a cuff is found to have defects, do not take a chance, either have it professionally repaired or discard it.

Thigh cuffs

Thigh cuffs strap over the upper thigh and are mostly used in suspension and pony training. They can be leather, rope, as in Japanese bondage, Velcro or nylon. The simplest way to make your own thigh cuffs is to use adjustable nylon dog leashes or dog chain

collars. Just be sure they fit properly and can be securely closed.

Posture arm cuffs

Posture cuffs attach to the upper arms or in some instances in several points down the length of the arm, drawing the arms together towards the small of the back and thrusting the chest forward. This improves posture, stance, and the beauty in the display of the charge. With continued training posture cuffs promote proper posture at all times. The armbands, laced together, hold the arms in place. Depending on the charge's flexibility, the distance between the arms varies widely. A close relative of this device is the "sheath" glove, which both fits both arms together or independently and laced or buckled to accomplish the same effect.

Gloves and mitts

Gloves and mitts are used remove tactile sensations as well as to bind. A single mitt encasing both hands is a common item, with the hands then bound, well confined. Dual mitts accomplish the same effect and offer the option of many varied ways and means of binding. Caution exercised by the Dominant ensures the wrists are not bound so tightly as to restrict circulation.

Binders

Arm or leg binders immobilize the arms or legs, and are usually made of leather, nylon strap, or rope. These types of bindings have one or more straps and in some cases encase the entire body. Waist nippers and cinch belts both go round the waist to "cinch" the waist and bring about an effect of a much smaller mid-

section. Cinches provide an aspect of safety in offering the waist and kidney area some protection from harm.

Harnesses

Harnesses go around the body, and come in many varied styles and strengths. Harnesses, are a form of self-bondage yet offer if very well made very strong body harnesses used in suspension. Most harnesses are made of leather, but nylon makes a very light-weight and strong suspension harness as well. A simple harness fits around the shoulders and chest with a strap going through the crotch to re-attach in the back. Ones for bondage or suspension may include a waist belt with welded "D" or "O" rings in varied locations on the belt. "Fancy" harnesses designed more for looks are usually made of soft leather, often including intricate web patterns in the design.

For a harness to fit properly it needs to be snug to the body, but not cut into the skin. Proper fit is increasingly important with the amount of stress applied to the harness material. A harness designed for a female may or may not have breast straps or cups and metal rings in the crotch leaving access for the insertion of dildos or other devices. A specific use harness is a "dildo" or "cock" harness where the artificial penis is permanently attached giving the wearer the appearance of being male.

On many harnesses for males there is a special "O" ring of metal or leather that encircles the penis and testicles and/or testicle sac. This ring must be large enough to accommodate the charge's size yet tight enough to hold the testicles firmly in place. Take care when pulling the sac through a metal ring and draw through only one ball at a time to prevent pinching or undue pain. If the harness is equipped with leather

“cock” rings to maintain an erection, safety prevails and these straps periodically loosened prevent damage to the penis.

A strong well-made harness will have at least two rivets at each end where the material meets any rings or buckles. Good, strong and well-secured buckles are required on bondage or suspension harnesses for safety reasons. If the harness is made of leather, maintenance with quality oil keeps the leather soft so it stays supple and will not chafe the skin.

Ropes, Straps and Chains

Rope, nylon straps or chains are ideal to bind a person or attach a person to an object. Rope is the safest as it can be cut quickly if there is a problem and the same applies to nylon straps. With both these items of bondage, it is important not to have the bindings so tight as to restrict circulation or to cause damage by the rope or strap “digging” into sensitive nerve areas. A very intricate form of bondage known as “Oriental Webbing” is perhaps the most beautiful to view when complete. A very complex art form, such webbing often takes hours to complete.

Chain used in Ds can be a dangerous item, but it is often used to bind a person to an object or the person themselves. Exercise great care in using chain, keeping chain cutters handy and remember chain pinches badly and easily cut the skin. If locks are used, be sure the keys are available within the Dominant’s easy reach and they work perfectly in the locks. This form of bondage is extreme and should a problem arise, it is often difficult to quickly release the charge from a potentially very dangerous situation. Light chain works well in conjunction with leather

cuffs or restraints and adds the feeling of being securely bound.

Whipping Rope

A super technique for a charge to check for and learn how to do is whipping the ends of rope so the ends do not unravel when used. Many people using nylon rope burn the ends, which leaves a hard often-rough area on the rope that can harm the charge. This offers the charge an excellent reason to learn to whip rope and impress the Master/Mistress with their efficiency. There are two techniques for whipping rope both use strong twine, fishing line or cotton string.

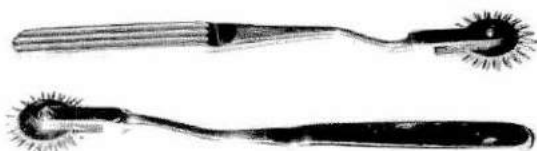
Technique One. Cut a three to four foot piece of your whipping material and place it at the end of the rope you are whipping. Begin to wrap the whipping material about one-fourth of an inch from the end of the rope. When the whipping is equal to the diameter of the rope pull the ends of your wrapping material to tighten and trim off the ends.

Technique Two. Cut a three to four piece of your whipping material and make a loop in one end. Place the loop about one-eighth inch from the end of the rope so the loose ends are following the long end of the rope. Wrap the other end of the rope around until the length is equal to the diameter of the rope. Place the end of the whipping material through the loop. Pull the loose end of the loop that goes under the whipping tight and trim off the loose ends.

Wheels

Hand-held wheels are very erotic used on the skin and most parts of the body. The two most common are the neurologist, "neuro" wheel and the tracing wheel, found

at most fabric or pattern stores. The neurologist wheel since it is used to test responses has the sharper points. Both have pointed spikes can run along the skin giving sensations varying from a tickling sensation, a rippling effect, or of a knife cutting you. The wheel can also break the skin, drawing blood in a dot pattern; for this reason make sure if anyone uses a wheel on you they have sterilized the wheel before and after each use. Most wheels can be put in the dishwasher for deep cleaning. If a wheel has been used on another before you make sure it is cleaned with alcohol before use on you. Hairy areas of the body have a disadvantage to having a wheel used, since the hair gets caught up in the spikes and can pull hair out.



Chapter Twelve: Striking Implements

A Bit of History

The lash has been used since ancient times in the forms of whips, scourges, and flogs to punish offenders. Most people forget that whips adopted into this lifestyle come from for they were used on animals of burden whose skin/hides are much thicker than human skin. For that reason a person using a whip on another needs to be aware of many things. Many times whippings were held openly, resulting in severe welts, loss of blood, and for some even death. In 1948 judicial flogging was abolished in Britain, where until this change, flogging with a cat-o-nine tails was used to chastise sex offenders, especially "flashers." The suggestion that flogging and especially birching might arouse sexual interests in either the punished or the disciplinarian put flogging off the punishment books for good.

Whip and Flog Materials

Whips and flogs are made out of many different types of materials. Cotton and nylon are not uncommon today and rubber is also used for some types of whips and flogs. Leather is the most common form of material for both and dates back to pre-history. Listed below in order of softest to harshest is a list of materials used in the making of whips and flogs. Note here also, these are the materials, craftsmanship, weight, and cut that make a huge difference in

the harshness or sensation produced by the tool, as well as how it is handled.

Cotton or cotton wool

Cotton or cotton wool produces a very sensuous feeling on the skin. This is a good material for a beginning of a session or one for a person who has little or no experience in such play.

Silk and other soft fabrics

These natural fabrics can easily be made into whips and flogs if one makes sure to avoid frayed edges by sewing the fabric into closed tubes. Then ironing each tube flat and sewing the flat sides together producing a set of sensual and lightweight flails to construct you flog or whip from. Advantages to using natural fabrics such as silk and cotton is availability of color and the materials are washable.

Chamois

This is a soft; pliable leather made from various skins dressed with oil. It was originally prepared from the skin of the Chamois Goats of the Swiss Alps, but now made from sheepskin, deer hides and other thin skinned animals. Also known as chammy or chammy cloth. Whips and flogs made out of this leather are excellent for those charges liking sensation versus stinging or the heavier thudding of other leathers. Sound from the use of a whip or flog made from chamois very soft.

Deerskin

Deerskin is widely used in the making of whips and flogs in the United States. It has a soft palpable feel.

When used in whipping and flogging a deerskin will caress with a tiny bit of sting. The sound from a whip or flog made from deerskin is a light thud. One advantage due to the deerskin's light weight is an implement made out of it can be used for a very long time without any notable skin reactions by the charge beyond a light flush.

Elk hide

Elk is heavier than deerskin, yet soft and pliable. The sound a tool makes when made from elk is more of a thud. Elk tools are used mainly to slowly build a scene, since they can in the proper hands be used with force with little risk of harm to the charge.

Kangaroo

Kangaroo is the premier leather of choice for many woven whips such as single tails and bullwhips because of its flexibility. Kangaroo gives of a sharp sting and depending on the user can be like a kiss, or cause serious welts.

Suede

Suede comes in many different weights ranging from that of deerskin to very heavy. The weight of the suede used will designate the feel of the stroke. The lighter the weight of suede the more sensual the feel. The sound from an implement made from suede goes from a light whisper to a heavy thud. Suede implements depending on the tool and the type of usage can indeed sting, if swung sharply.

Bovine top-grain leather

These are smooth leathers that create less friction than suede. They feel more “sting-y” on the skin. Cowhide is available in many weights, from light garment leathers to heavy saddle leathers. The more flexible varieties are recommended for the making of whips, flogs and other striking implements. Beware of oil tanned thick leather which is less flexible than thinner skins.

Bison

Bison or buffalo is an interesting rough grain, heavy leather and not very flexible. Another issue with bison is that unless careful attention taken the edges may cut the skin. This is leather not for the beginner to have tools made from or for one that does not take proper care for their tools.

Horsehair

Tools made with horsehair give off a stingy feeling. Some charges say it is a skin level only feel that some times itches, but it is possible for the skin to color or redden with use of a horsehair flog. Tools made from horsehair are very easy to clean with shampoo and conditioner, which should be done fairly frequently with heavy usage.

Rubber

Rubber is flexible and very deceiving. It is one of the harshest materials whips and flogs are made from today. Rubber tools sting and can easily leave immediate marks and deep welts. Rubber can, if used harshly, break the skin and with items made from natural or uncured rubber this can easily become a major

medical issue. One advantage of cured rubber is its ease in cleaning and sterilization after usage over raw rubber which can sustain bacteria for long periods of time if not well disinfected.

Flails

Flails or the tails of whips and flogs are what strikes the body. The smaller the contact area that the flails strike holds the greater the potential damage. Well made flog flails, have rounded edges and tips. Sharp edges or uneven flails, are a sign of a less expensive tool or one that is not well made.

The width of the flail has to do with the amount of surface area struck. The larger the surface area the more chance of a thud instead of a sting. Flails are considered thin if they are five-eighths inch wide and flat. The more flails to a flog, the slower it travels. The longer the flails are the more leverage is gained and the more strength needed to use the tool. Remember also, the longer the flails the more difficult the tool is to control. Most flogs have flail lengths of sixteen to eighteen 18 inches. Short flail flogs have uses for close work on nipples and the genital area the flails for this type of flog are usually around eight inches in length and one fourth to three eighth inch wide.

Flails need to remain fixed to the end of the handle. Right where the flails and handle meet is where the most stress occurs to the tool when in use. On a good whip or flog you will notice a good covering knot. This helps reduce strain and keeps the flails together. The handle must become part of the hand, working with the hand, not against it. The handle of the tool also must neither be too large or small for a proper grip. Short handles are better for control of the tool,

while longer handles provide more leverage. The weight of the handle must feel “right” with the tails.

Again in general, the softer and lighter the material, the safer it is in the proper hands. In these same proper and experienced hands, the harder and longer flails may be used without too much risk.

Position Considerations

The positioning of the body when tools are used in BDSM activities affects both the skin and muscles. When a charge is bent over, the muscles of the buttocks lengthen and are not as dense, making it so the muscles can no longer protect bone or organs. When a charge is bent over the skin is well stretched; therefore more area becomes exposed. Charges need to be cognizant of personal safety factors when being positioned. Some positions used in BDSM can lead to loss of balance, falling, or fainting.

Wrapping

Since this book is for charges not the Master/Mistress, I am not going to go into different strokes of whip and flog. One thing, however, of utmost importance to the charge is the wrapping of a whip or flog flails around the body. This can be very dangerous and is something the charge needs to be very much aware of. If the middle section of flails strikes the charge first on a rounded part of the body, and the tip wrap around the body following the curve, the tips accelerate faster than the original swing. This is a basic principle of physics and is in Ds called wrapping. Wrapping causes sharp strikes to areas not intend to be struck that can welt or break skin. A charge can protect themselves in some instances

from wrapping by placing a pillow under their tummy to protect more sensitive areas.

How do you know if an implement is being used correctly?

When a Master/Mistress uses any striking implement on a charge they need know the proper placement of strokes. By the same token, a charge should, for their own safety know where a stroke will or will not harm them. Before letting anyone use an implement that can harm you, watch them use it on another person or even on a pillow or dress form. Look for where the strokes are patterned, the strength behind and the consistency of placement of the strokes.

It is very important that the face, head, neck, the fingers and toes, any healing or injured skin are not aimed for or struck. Striking in these areas can cause much severe pain, and they are quick to damage. Striking needs to be done "extremely" lightly and carefully, if at all, on hands and feet, over any joint, around the pelvis, internal organs, or the spine.

The feet and hands contain many tiny bones, once broken, these rarely heal well and joints do not respond well to stress, internal or external. Crippling is neither safe nor sane, and unless one has an X-ray machine at call one cannot tell. Internal organs are more fragile than one might think, avoid heavy thudding strokes entirely in their area. Many people have particular problems with body areas as well, do attempt the above "very" light strokes indeed if at all!

Lower legs, arms, inner arms, breasts, genitals, upper shoulders, top of buttocks near spine, the muscular ridge on both sides of the spine, the ribs where not protected by muscle are portions of the body to be struck lightly. Medical note: There is some evidence that

“thud” on the female breast is not advisable for reasons of health, nipples are far better suited to strong stimulation. The top of the buttocks protect the coccyx, a small and fragile triangular bone at the base of the spine, avoid striking between the upper buttocks.

Most of the striking one sees used in a heavy manner is on the buttocks, upper back on each side of the spine, thighs, and lower shoulders. These areas are principally composed of strong bones protected by muscle tissue and a fatty layer; the organs present beneath these areas are reasonably protected. There are reasons for these traditional areas being so traditional; they reduce the likelihood of major damage, making an extended safer session possible and desirable.

You as the charge need to know how your own skin reacts to implement usage. Do you bruise easily? Do marks disappear quickly or last for a period of time? Does your skin seem to “bleed?” This is when due to whipping or flogging, small drops of blood escape through the pores even though there is no abrasion.

It is also very important for the charge’s safety that they know proper care and maintenance of implements and you need to know when maintenance on tools needs to be done. How to clean all the tools a Master/Mistress might have and use should also be something well known by the charge. On leather, cotton, rubber and cloth implements how to clip frayed ends and keep flails well oiled and trimmed. The all round super charge even knows how to replace worn out flails.

Types of Tools

Flog



A flog is a flexible many-tailed striking tool where the tails are simple strips of leather or a similar material and may range from

soft sensual leather, that may have the effect of massage, too severe round braided or light chain flails that will actually slice skin.

Some flogs are extremely soft so that it would take a great deal of effort on the Master/Mistress' part to even make skin pink. Others may be dangerous primarily if you are struck in areas where hard contact can cause internal injuries: such as the head, neck, spine, kidney area, abdomen, and the backs of the knees. When being flogged on the shoulders, it is important for the charge to make sure that their upper body is positioned in such a way so his or her shoulder blades and spine do not jut out.

Opinions differ as to the safety of even light flogging on female breasts because injury to the breast can rupture glands and continued flogging to the breast can break down tissue. Over time continual and hard breast play is suspected of causing cysts and tumors.

Cat-o-nine-tails

A cat-o-nine tails is similar to a flog in many respects, yet has a distinct feel. They are usually stout handled and the flails made from thick leather thongs, which are rounded or squared. Some cat-o-nine-tails have added beads or knots in the end to give increased sensation and/or pain to the recipient.

Rubber Whips

Whips made of rubber should be used very prudently. Not only can they cause severe bruises, but cut also when used roughly. As a charge, remember to clean and sterilize rubber whips after usage.

Crops and Bats

Crops come in many shapes and sizes. They can be as short as a foot and up to three feet. The distinguishing feature of a crop is they have a handle and shaft with a small striking surface. Crops can be used to work a small area of the body, for guidance and also for swift correction. The striking end of a crop can come in different designs from a single small oval “slapper” to a wide rolled over one. The size of the “slapper” depends on the feel of the strike the Master/Mistress chooses to deliver to the charge.

The Martinet

This is the only whip to be designed exclusively for the punishment of juveniles. It is of French design and is for use on the bare bottom. It closely resembles a cat-o-nine tails. Martinets are not true whips and are usually made of six strips of leather. The tail and handle of the martinet should be of equal length.

Birching

The birch was used prior to the cane. It consisted of many switches bundled together. A switch is a single fairly thin three-foot tree branch with the twigs and leaves broken off, and the bark is stripped before use. Stripping a fresh "birch" just before its use produces more of a snap.

Birches can be used over most of the body and are not only used in BDSM sessions, but also in saunas to stimulate the skin. Birching can be safely done over the entire lower body with only external results to the body, for it takes harsh application to break the skin.

When using a birch, the tips and ends may break off and it is prudent to trim these right away so that they are not dangerous to the charge by wrapping or cutting from the broken end. If you are being birched on the upper body have your partner put some form of protection over your eyes so they are protected from flying tips. Another word of caution here; birching can scratch the skin so no birch should be used on anyone else due to contamination and possible infection.

Caning

Caning in the English tradition can be a sport. At many a school caning was primarily given to the hands rather than the buttocks. During a caning the student was forced to say, "Thank you, Sir. May I have another?" after each stroke. The cane can leave deep bruising welts and sometimes cuts that linger. In Canada and England those that primarily focus on caning conduct caning-like dungeon parties. The cane is a potentially very dangerous tool and care must be taken when administering it. Be careful in letting a

Master/Mistress cane you, as the cane can cut, scar, and leave deep and painful bruising which is simple brutality.

Canes and switches are two of the oldest implements used in Ds. They can range in size from a tree supple twig for a switch to thick rattan or split bamboo for a cane. Both when used in one way can give a very pleasurable effect and used harshly can do much damage to skin from deep welts to open cuts and nerve damage. The biggest area of concern with using canes and switches is in the nerve damage they can cause. Because the sciatic nerve is relatively unprotected and runs through the buttock and hip area it can be most affected. Nerve damage of any kind is dangerous due to nerves not being able to regenerate. When a cane connects with the skin it compresses the flesh area as well making a cane stroke a two-fold blow.

There are three types of canes typically used today:

The domestic cane is straight with a handle or grip at one end.

The school cane is straight with a crooked handle.

The Malacca cane is straight with a knob at the handle end.

Each type of cane has a different effect, purpose and type of stroke. Knowledge and training in use of the cane is extremely important. Caning should be done in a bent position and many in England and Canada prefer the use of a caning box. This lends for the buttocks and genital area to be in full view while the charge can not see who is administering to them or what might be done at any given time.

For a hand caning the strike of the cane is usually vertically downwards, with a sharp, swishing action, striking the palm at a diagonal angle. Usually the charge will pull their hand away immediately and stick it under the arm. Withdrawing of the hand at the last minute is a serious offence and is usually dealt, with changing to buttock caning.

As a charge you need to check the cane or switch before it is to be used on you. Make sure the switch or cane has been lightly sanded to remove imperfections and splinters. Most canes are coated with varnish. If you find a cane that is to be used on you is warped, you can straighten them in the bathtub with water and weights. Another thing to check for in a switch or cane before usage is to see if it is brittle. Does it have any splinters?

Nothing is worse then being caned and having a splinter land in your rear. Notice how the switch or cane has been stored. Never leave a cane leaning in a corner. Always make sure it lays flat or is hung so it will not warp.

Because there is always a chance of breaking the skin with switches and canes make sure the Master/Mistress has a switch or cane for all they work on and see that they are labeled as to whose each is. Rattan, reed, and bamboo cannot be really properly sterilized to remove all blood trace. It is better to be safe than sorry. Acrylic, nylon, and other non-porous materials can be cleaned with bleach, which is the best way to eliminate the possibility of the AIDS virus from play toys.

Paddles

Paddles, like many other tools for striking, come in a variety of shapes, sizes and materials. A very small paddle could be no larger than six inches by one and a

half inches, while a large paddle might be about two feet in length and six inches across made of wood, acrylic, lexan or Plexiglas. Leather paddles make a very nice paddle for sensual paddling and some have metal studs inlaid for much harsher paddling. The harder the material used the harsher the strike and thud to the body. Paddles, when applied to the body, encompass a large area because the strike is not as concentrated in one area. Paddles can also be used very sensuously to lightly rub over the body, and some paddles on one side have fur or a "scratchy" material to give a second sensation to the charge. Light "taps" with a paddle will quickly bring the blood up to the surface to the skin. Paddles are used for harsher spanking and many times administered in the classic over the knees, position or bending stance.

Paddles come in all shapes and sizes made from a variety of materials. Some Masters/Mistresses even use a ping pong paddle. The sound of the paddle's impact is the most tremendous "whack" and generally leaves no bruises when used correctly. Paddles can also have fur, a rough side, or even studs to give the Master/Mistress the choice of two opposite stimuli.

Slappers are another type of paddle used by many in BDSM made to more noise than sting and are made by the placement of two pieces of leather together leaving the striking end loose so when the one strikes the body a slapping sound is made. Other items commonly used for paddling are kitchen spatulas and heavy wooden spoons, with rice spoons being the best. A note here: oars and heavy wooden fraternity paddles are not safe for BDSM sessions or play.

Spanking

Spanking is the one mode of physical correction that is the most intimate; there is nothing more sensual to many than the bare hand on the buttocks. More flesh is in contact, and it's very much associated with parent and child and of course a parent loves his or her children.

Spanking is something that many find very sensually erotic, but can also be used for correction and humiliation. Spankings can be administered in public in a very playful manner or private. They are apropos for all and play an important part in age plays. Some charges like a hard spanking, done only with the hand, for the sensuous feel of the bare hand. This allows them the real touch from the Master/Mistress.

There are several methods used in spanking. Two of the most common are open palm and cupped palm. Open palm is the form of spanking you will hear the Master/Mistress say at times, "It hurt me more than you." Open palm can be done with fingers closed together or spread out bares more area of the buttocks and is good to use in the beginning of a spanking. With the use of open palm the Master/Mistress can also after the stroke kneed the flesh bringing more blood up to the surface. The cupped palm makes a much more thud like sound and gives the feeling of quick suction. This form of spanking is much easier on the hand of the Master/Mistress.

Strokes for spankings can also vary. The Master/Mistress can spank straight on, use a side to side motion or an upward or downward stroke. The upward stroke is very lovely since it applies the spank to the lower buttocks. No matter what hand position or stroke the Master/Mistress uses when spanking the charge after a few strokes there should be a reddening of the skin.

The charge should also be aware there are different positions used in spanking. Across the knee is the most common position for spanking that we think of. A charge can also be placed between the legs or thighs of the Master/Mistress giving a sense of entrapment. Another position that binds is the charge being held across a single elevated thigh and tucked under the arm of the Master/Mistress. Of course spanking can be administered with the charge being restrained or not restrained across an appropriate item of furniture. Spankings are also administered at times in free positions of kneeling or bending over. Spankings during sexual relations are very erotic and the squeezing or rubbing of the buttocks many times follows the spanking.

Tools associated with spanking begin with the school ruler and hairbrushes. Some Master's and Mistress also use items like leather or wooden slipper or wooden flat-sided rice spoon which are more severe than using the bare hand. The impact of a well-handled slipper or spoon will get your attention every time. A note here: hairbrushes are more apt to bruise more easily than any other item.

Belts or Strapping

The use of a belt, also known as strapping, is done with a strip of leather and what most think of being down behind the woodshed. There is safety concern for longer straps used for the control of the partner may not be at his or her best. It is better to use a shorter belt or strap for control issues. Positions for being belted are to stand with legs together holding onto a sturdy and well-supported object or lying down.

Punishment Books

Thanks to the English State, and Church Schools the law requires that a punishment book be kept on each student. These books are printed and sold by educational booksellers. Of course they are geared to students and education, so many of Ds categories we would use are not included. Many Masters and Mistress have designed their own books to be kept like a diary. Each page might have sections as follows:

- Title of Book

- This would include the charge's name.

- First page

- This again would have the charge's name.

- Date book was started

- Statistics on the charge

- Important dates for the charge

- Date of collaring

- Date of ending or dismissal

- Each page would include

- The date of the punishment

- The offence

- How administered

- Where the punishment took place (public,
private)

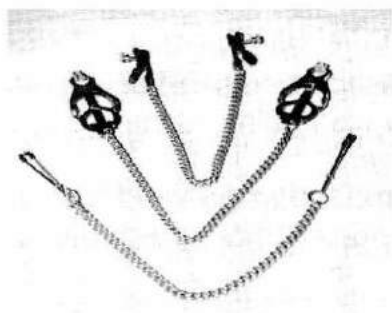
- The dress

- Outcome

- The witness (if any)

- Charge's signature

Chapter Thirteen: Clamps, Weights and Spreaders



Types of Clamps

Breast clamps and
breast squeezing
devices
Nipple clamps
Labia clamps
Clitoris clamps
Cock clamps
Ball clamps

Clips Clamps and Clothespins

Devices that grasp or grab the skin come in many shapes and sizes. Where, when and how they are used will highly depend on what shape size or pressure of the clamp the Master/Mistress uses. Some people use them on the nipples, labia, clitoris, and cock and balls mostly, but they can also be used



wherever there is loose skin. A clamp's purpose is to apply a small area with a direct amount of pressure and or pain. Weights add to this with a pulling sensation and an added pressure to the area, sometimes pulling the clamp off. Some clamps are linked together

by chain or other materials. This linking together of the clamps makes it so they can be manually pulled or tugged upon or weighted more easily.

People use small commercial model making or wood working clamps, which come in a variety of shapes and sizes. Other Masters/Mistresses use clothespins, which can be large and wooden or even very small and plastic. Grinning, even small enough to hang Barbie's clothes on a clothesline. Some people are ingenious and find other items in the house or work shop to use as clamps. C clamps used to hold wood together work well, as do chopsticks with rubber bands and small alligator clamps found in electrical supply stores.

Using clamps or any other item that pinches has dangers to the charge. Clamps by their nature cut off circulation to a given area and they hurt more coming off than while they were on. Applied for too long a period can cut off circulation for can cause tissue damage. Therefore, it is sensible not to leave clamps on any flesh part for any longer than half an hour. Another concern when clamping an area is to make sure only the outer skin is caught in the clamp. Make sure you are not getting muscle or in the scrotum and clitoris area the testicles or clitoris itself. This can cause a lot more than you are bargaining for both in pain and nerve or tissue damage. One other concern when using clamps especially when weighted is the possibility of tears in the genital area tissues.

Wood versus plastic

Wooden clothespins are a bit kinder and have fewer tendencies to abrade, thus I would suggest starting with them. Plastic clothespins tend to have much smaller ribbed gripping surfaces, and a "feel" much stronger

than the equivalent wooden ones. Extremely small plastic clothespins are very nasty indeed, and many may be used in the same area for greater intensity.

Wooden clothespins are available in several qualities, with the older, thicker ones being a bit better in my humble opinion, and the thin ones more likely to splinter or have sharp edges. As one may purchase 50 pins for around four dollars, these rank among least expensive of toys, and among the most versatile. Almost anything one may do with fingertip squeezing may be done with clothespins, and several things that cannot be accomplished with one's fingers may easily be done with these tiny household beauties. Of course, this does leave your hands free for other activities.

Wooden grip clothespins usually have four to six pounds of pressure. This amount of pressure is a lot for some and not enough for others depending on pain tolerance of the charge. You can increase the grip by wrapping the ends in rubber bands for a period of days. To decrease the amount of grip put a book in the mouth of the clothespin for several days. When doing this be careful not to stretch the mouth of the clothespin wider than it would naturally go. Another way to decrease the pressure of clothespins is by wrapping the "legs" with rubber bands. This will allow the clothespin to resist the tension of the spring by weakening the force without permanently weakening the spring. One last method is to drill a hole about one-third from the end of each "leg" of the clothespin and thread a bolt with a small wing nut. You can then use the wing nut change the pressure at will each time.

You will find that ice applied immediately after removing the clamping device may reduce the length and severity of the sensation. Some Masters and Mistress' will warm the area with their mouth or hand after

ice is applied. If you are doing clamping alone you may wish to gently massage the nipple and areola after clamping the breast.

Clamping Device Usage

The Master/Mistress will do clamping for the charge or at times would want to watch the charge use the clamps on themselves. The easiest place to begin to learn how to clamp oneself is the nipple. It is prudent to begin with a low clamping pressure and then increase the pressure as you begin to know your tolerance levels. It is also a good idea not to leave the device on for too long a period of time. The longer the clamping time, the higher the intensity removing the pressure of the device causes. The increased sensitivity after removal may last from minutes to many hours. This will depend on the charge's tolerance level, the clamping force and time used.

Begin by testing the device on your pinkie finger to see if it is comfortable. Ask yourself if you have tolerance to the pressure given? If it is comfortable on the finger then use it on the "webbing" between the thumb and index finger. This will give you, the charge, an idea of what it will feel like on other parts of your body and also get you used to handling the device yourself.

The next step in using a clamping device on yourself is to apply it to the nipple. The best way to start here is to point the device straight onto the nipple, not from the side. This will enable the device to grip the base of the nipple and bit of areola depending on nipple and device size. When you include some of the areola you will find that the pressure or pain is not as localized, but it does have the ability to increase sensitivity without pain.

Another way of applying clamping devices by your self is by putting it on the nipple sideways. Centering the nipple in the space in the clamping device does this. If this is done far enough back on the nipple base the nipple will remain extended over the device. If your nipple does remain extended, you might try applying ice, massage to the nipple tip or even applying another small clip or small clamp.

Other places you might wish to try clamping for sensation or visual appeal are other parts of the breast, torso, or limbs. These areas can be clamped once or using many devices. One thing that is visually very pretty is the painting of devices in colors so when applied the devices form a flower.

One location I would not recommend that a charge clamp unattended is the genital area. The clitoris hood, outer and inner labia lips for a female, and penis skin and testicle sack of a male may all be clamped. When clamping in the genital area devices should not be covered with plastic, for it tends to slip when moist. Rubber or no covering works best here. Remember that the genital area is very sensitive and can be easily damaged. Never pull a clamping device off yourself in this area but open it slowly and let the skin give way naturally.

Spreaders

Leg Spreaders

Leg spreaders come in different lengths and hold open the legs to a given width by attaching them to ankle cuffs. Materials that spreader comes in vary and can be wooden, acrylic or metal. They can be light or heavy in weight depending on the effect wanted at a particular point in time. Some spreader bars have

other attachments on them to be applied to other implements or devices the Master/Mistress might choose to use.

Jaw spreaders

Devices used to open the mouth and keep it open. This again needs to be closely watched for dry mouth and for choking. Some use spreaders to teach oral sexual techniques and to build up the jaw muscles. One thing to watch out for here is Temporal Mandible Joint (TMJ) issues where the jaw sticks open or begins to “pop” as the mouth is opened and closed.

Chapter Fourteen: Large Equipment

Large dungeon equipment is high-priced, unless you make it yourself, and takes up much space so you need to be cognizant of this before bringing any into your special area. For most people using what is in the house works very well for large equipment. There is nothing like imagination to see how a piece of gym equipment, the dining room table, chairs, shower curtain rods, placing a hook above the door frame, or a four poster bed will work for what your partner and you have in mind. Most homes are set up very well for bondage to objects and take very little modification. Remember a Master/Mistress does not need a fully equipped dungeon to properly train a charge for bondage or to use the tools of the trade on them.

As you acquire more specialized large items over time, remember to inspect carefully before each use. If the equipment is frayed, cut, or has broken clasps, repair the piece immediately, for it is not only dangerous to use damaged equipment, but damaged goods does nothing for the self-assurance of the charge.

The Flogging Horse and benches

Two of the easiest large pieces of equipment to make or find are well-rounded padded boards and spanking horses. A charge that is handy with tools can make a good piece of spanking equipment in just a few hours. Both padded boards and spanking benches need to be measured and constructed to the height of your genital area which will insure correct balance and posture for tools to be used by the Master/Mistress. Make

sure when checking the equipment out that it is sturdy and does not rock from side to side. Be sure there are no nails or staples protruding from the equipment. You can do this by running your hand over the roll of the padding and just underneath and checking all attached pieces both by touch and visually. A well designed bench or horse allows for open spread leg usage when a charge is mounted sideways. Some Masters/Mistresses will use fetters on the item to secure the charge in place.

Crosses

There are two main types of crosses used in Ds: the straight cross, the one that looks like a big "T," and St. Andrews cross, and there are many variations to both of them. The St. Andrews Cross is made or designed in X formation and is generally angled against the wall or held by a frame. Many have footrests, padding for the head and some even adjustable positions for attachments. Most crosses have hooks or screws along the outer edges so that a charge may be bound to the cross. Both types of crosses have their advantages and disadvantages for usage. The straight cross is usually attached to a wall and is very good for working a charge's front or back. The St. Andrews is excellent for having access to the whole body.

When inspecting a cross for safety, make sure there are no splinters, loose bolts, protruding screws or bolts and it is solidly attached in place. On the cross of a straight cross make sure that the cross bar does not interfere with your breathing or cut into your neck. Make sure if the cross piece is too high that your circulation will not be cut off from extended periods of having your hands higher than your shoulders. One other thing to look for in a straight cross for your safety is where the rings or bondage blocks are located to

secure you. If they are too far apart make sure that your shoulders can take the strain. No need to rip a rotor cuff or pull a muscle, in case you struggle on the cross. Check to make sure the pieces are held strongly in place, that there is no give to them. Look to see if there is a foot "pad" to ensure that your feet stay in place without added pressure to the knees and if the cuff and or belt attachments are securely in place.

Head Boxes

This is a device shaped like a box that goes over the head and rests on the shoulders. Normally it is locked into place and deprives the wearer of sight.

Caning Boxes

Caning boxes are not readily found in most areas of the US, but are common in the UK and Europe. A caning box allows for the rear and upper thighs to be utilized to the fullest while keeping the legs and upper body stable and immobile. Most caning boxes lock the charge's ankles and wrists in a bent over position and hold the charge immobile during caning.

Ladders

Ladders are used for total bondage or for use of the entire back or front of a charge. They are usually about six-foot wide and set at a slight angle from a wall. Today many ladders are padded for the charges safety, but if not be sure to check for splinters and nails or screw heads that may be protruding.

Tables

Tables padded or not are perhaps the most common and often used piece of equipment. Many are large enough to hold a charge of six feet in height. A mes-

saging table with a head area works very well for this. Most tables used in Ds have tie down points on each leg and in the center. Make sure when checking a table out for safety that it is sturdy and will not collapse under undo pressure or weight.

The Rack

Racks are devices that stretch a person. They are wooden framed and usually made of a knotted rope bed. Some are plain wood or padded with leather. There are attachments at the base of the rack for ankle cuffs. Above the head there is a wench or wheels that pull and tighten wrist cuffs that are held above the head of the charge. Racks do have a plus to them, if you have a bad back and not too much pressure is put on the amount of pull they are very therapeutic.

Adjustable or Rape Rack

This is a device with movable, adjustable arms to hold a charge's wrists, ankles, neck, waist, and other body parts in whatever position they are placed in. The rack can be adjustable to any specified posture and locked into place. A nice point about the adjustable rack is that one can put oneself in it with no help, assuming a posture that is both comfortable and accommodating to their mate.

Stocks and Pillars

Stocks are one of the oldest forms of bondage using a large piece of equipment. Basically stocks consist of a framework with holes or cut outs for the ankles and sometimes the wrists. There are also some stocks that are built to have cut outs for the cock. In past times

stocks would have a large stone or bench set behind for the offender to sit or lie on. Stocks can be made of wood or metal and should be loose enough not to impair blood flow in any way. Some stocks that are built for comfort are even lined with sheepskin.

Pillory

A pillory is a wooden framework erected on a post. It has holes for the securing of the head and hands. This exposes the charge's rear for full use. When cuffs are added to the ankles and the legs spread the Master/Mistress has full use of the rear and genital areas of the charge.

Cages

Cages used in Ds come in many shapes and sizes. Most that use cages use one that the charge would have to knee to enter and stay in a crouched or kneeling position when in during a punishment period. Other cages are used for holding a charge while awaiting punishment or change of Master/Mistress. Yet, still other cages are made to a small room or cell size for actual living quarters of the charge. Materials for constructing a cage range from pipe, metal fencing, plastic and fiberglass to cast iron or PVC tubing.

Posts

Posts come in many shapes and sizes depending on use. Many use a floor to ceiling post to bind a charge on for punishment. It is a literal post with fetters attached. Other posts are not as tall and may be used with the charge in a kneeling or bent position.

A post for "posting" a charge is about thigh high with a dildo attached to the top. The charge is bound,

wrists above the head and astride the post, usually with the feet secured in place. The dildo is then positioned into the vaginal or anal opening and raised to enter the charge. Any movement or the lower or rising of the charge's body would impale the post more. I might add that this is not a very pleasant position to be in for the charge.

The Sling

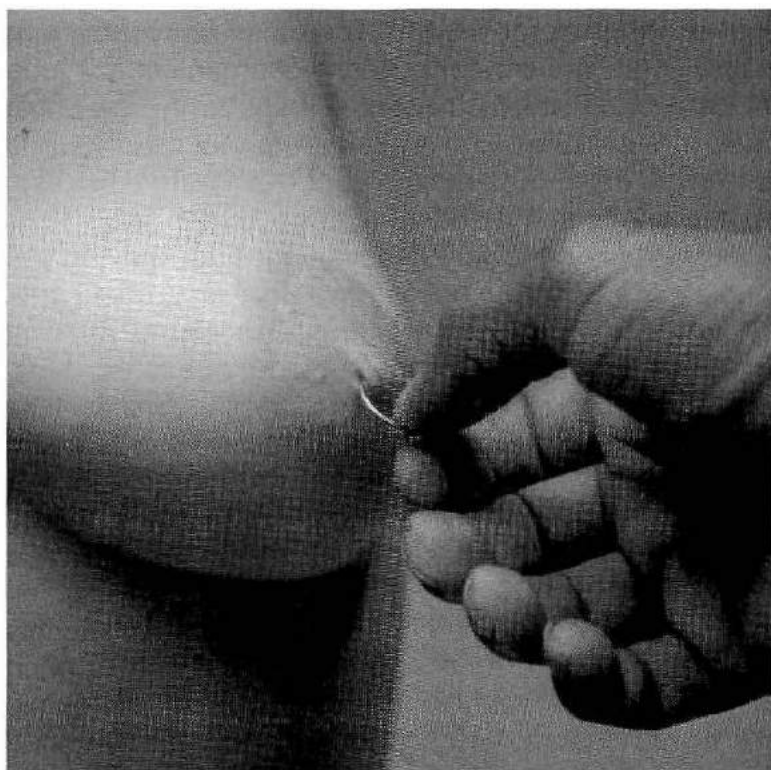
Slings come in many different designs and are made from many different materials. Most we see available today are made from either heavy strips of nylon or leather. Slings because of the webbing design offer excellent open access to the whole body and especially the genital area. Many slings have loops for the feet and hands. Using slings is a mild form of suspension play.

Suspension

Suspension and inverted suspension, the hanging up side down for extended periods of time is such that the charge is lifted off the ground by use of any number of devices attached to the body and or limbs. There are a large number of support cuffs, boots, slings, harnesses, hardware, and rope techniques, winches that are used to suspend and support the charge above ground. A good Master/Mistress needs to know what they are doing to be safe with suspension. The equipment is critical to the safety of the charge. It must be well supported, strong and free from defects to be remotely considered safe to use.

Section Four

Types of Play



Chapter Fifteen: Shaving—Cock and Balls

Genital Hair Removal

Numerous Masters/Mistresses will require the charge to shave the genital area so they have a full view of what they own. When there is play in the genital area the Master/Mistress can look closer to what is happening with the charge's body. They also can watch and savor what they are doing. Many charges find the idea of shaving distasteful, revealing that shaving the pubic area is humiliating and makes them feel childlike and exposed. From the standpoint of the Master/Mistress, that is what some wish their charge to feel.

There are, however, advantages to shaving the pubic area, for you never have to worry about hair showing through when wearing a swimsuit. Shaving the genital area is also good hygiene, due to the missing hair growth there is little to pick up nasty little germs. For the female charge shaving helps prevent growth which may make the female charge itch. For male charges shaving around the base of the cock and the testicles makes it much easier for cock and ball play.

Shaving can be part of a scene. Both may find this a very sensuous, erotic way of being close to each other. Many a Master/Mistress will and likes to shave his or her charge, which also helps to build the bond between the partners. Being shaved by another has other advantages because when another does it for you there are no questions all the hair is removed.

Techniques in Hair Removal

There are many ways to remove the hair from the pubic area for both men and women. These include shaving with either electric or regular razors, waxing, depilatories, tweezing, and electrolysis. Ouch! The procedure that you choose needs to be convenient for your lifestyle and comply with the wishes of your Master/Mistress.

When removing hair by yourself, it is very important that you watch what you are doing to get the desired results. Standing in front of a sink that has a mirror behind it is ideal. Yep, I know some charges do not have long enough legs to be able to put one up on the counter, which is when a shaving mirror and the top of the toilet seat come in handy. Begin by standing with one leg raised at a slight angle and the other leg straight and a bit out to the side. This will give you the most advantageous view of the pubic area, and also helps to balance you when shaving your legs. Always make sure the skin is pulled tight in the area where the hair is being removed. A rule of thumb here, when the right leg is raised you can shave the under part of the right leg. At this time you can also work on the nook and cranny of the left labia or testicle area and leg and visa versa, when changing positions.

Wet Shaving

When wet shaving use a clean sharp razor and a bowl of hot water; lay a hot wash cloth or splash warm water over the area and lather with an aloe based shave cream, foam or lotion. The entire time you are shaving keep the area wet by continually adding warm water, which helps prevent those nasty little red bumps, ingrown hairs and razor burn. Another trick to

help prevent the red bumps and ingrown hairs is to always begin shaving with the direction of the hair. That is, shave down the leg towards the ankle, or shave from the navel towards the crotch. Going against the direction of the hair can lead to ingrown hairs and shave bumps.

Shave with short strokes, dipping the razor frequently in the bowl removing the hair and keep the blade warm and wet. You will find that the pubic hair grows in different directions, therefore, it is important to shave first one way and then the other and finally up and then down. So generally speaking, one might go over the same area approximately four to five times. This is a very close shave that should not lead to bumps. A hint here: If you do not shave frequently use an electric razor first to remove most of the longer hairs, then a hand razor for the remainder on sensitive areas.

Electric shaving

Some do not like to wet shave, and when traveling using an electric razor is easier and less time consuming. If you do not own an electric razor, choose one with a sideburn trimmer. The trimmer can be used get into all the little nooks and crannies. If you are going to use an electric razor, it needs be done daily—perhaps twice daily, depending on how fast your hair grows and what your Master/Mistress expects of you.

Before shaving with an electric or battery powered razor make sure the area to be shaved is dry. Using powder is one way this can be accomplished. When using an electric shaver one employs the same method of stroke direction described in wet shaving. After you have finished shaving apply a non-allergenic lotion or powder the genital area making sure it stays soft and dry.

Waxing

The use of wax to remove genital hair takes a bit of skill, is not as fast as shaving and hurts, but the results last up to two weeks. Waxing can be very messy if you do not have all the equipment needed in an orderly set up or the waxing procedure used. If you do choose waxing as the method for hair removal be aware that you need to let the hair grow back about an eighth of an inch before you can wax again. Your Master/Mistress also needs to be aware of this fact if they like the pubic area smooth at all time. Some do not mind the frontal hair. Others like the frontal hair of the genital area left in a pretty design, which is very easy to do with waxing. I have seen hearts and initials, which make a pleasing designation for the Master/Mistress.

Electrolysis

This is a big OUCH! Lots of ENDORPHINS!

Electrolysis is the destruction of hair roots by an electric current. A small needle is inserted into the hair follicle and then a current is run to kill it. This method of hair removal is not for everyone and if you select this method of hair removal be sure to have it done by a professional. This method is quite costly because it takes many visits and time to complete, but it is worth it if you do not wish to have to shave constantly. Again nice designs can be made on the genital area.

Depilatories

Depilatories are any agent or chemical that can remove the hair from the body. This can be a nice but messy way of removing most of the genital hair. Depilatories are good to use on the legs; however, they are not safe to use close to the vagina. Be very careful

that you check to see if you are allergic before using a depilatory. To do this, apply a small amount to the skin in the area you wish to remove hair.

Plucking

The plucking of hair is the direct pulling out of hair at the point of growth, which works for the masochists among us. Using tweezers to remove hair is also a good way to clean up areas where there is that one hair, the razor or wax missed. When using plucking as a hair removal tool it will take up to two or three weeks before the hair begins growing back and is super in areas where you might have missed a hair or two by other methods of hair removal. When you do use plucking as a method to remove hair, make sure the skin around the area of the hair is first pulled tight. Note: Plucking often promotes ingrown hair that can become painful or infected. You need to keep watch for this removing the ingrown hair and applying a good antiseptic if this should occur.

Cock and Ball

I can hear the intake of breath of the males reading this section. Cock and ball play or torture makes many a male charge clutch his balls and shutter in fear. For other male charges they go instantly erect and greedy. Cock and ball play or torture is the teasing, whipping or use of the penis and testicles, the most vulnerable sensitive part of the male body.

For the faint of heart I will begin with something a bit tame, cock rings. Cock rings are metal, rubber or leather rings that go around the penis. Many go around the base of it, behind the balls or in a combination of both. Most cock and testicle rings are made of leather having adjustable snaps. This enables the

male charge to tighten or loosen the ring to fit properly and for fast removal. A charge will have to experiment on them selves to discover how small or large a penis or testicle ring they can use when fully erect. Erection is caused when the blood vessels at the root of the penis constrict due to arousal, trapping blood in the penis and causing it to swell. Cock rings may prolong an erection.

A warning here: cock rings may constrict the urethra, making orgasm more painful and can cause ejaculation to back up into the bladder. This is not dangerous unless done repeatedly. Another word of caution about a blocked urethra, once the urethra becomes blocked the male finds that urination is very painful and sometimes they can not urinate at all. This causes swelling and infection. Another warning here for the charge to be aware of is that too long usage of rings and other C&B implements may cause blood clots. Clots can cause strokes and heart attacks.

Safety tips

For the male charge who is just starting and experimenting with rings, gates of hell, multiple rings held together by leather, or a combination penis and testicle rings, go slowly until you know how long and how much you can take. If there is pain from a particular activity, if pain begins to spread into other areas of the body, or if pain lasts for a long time after the stimulation ends, you have most likely gone beyond your limits. If this indeed does happen with cock and ball torture or any type of hard session, get to a hospital or doctor fast. You do not know if or what damage may have been done. This does not happen if you take your time and learn the equipment and how to use it properly for yourself. As with any Ds practice, if you

find yourself in pain later, or if you notice any abnormalities in your penis or testicles when flaccid or erect, see a doctor. The penis and testicles can handle light whipping or slapping, provided it is done with care and by someone who knows where to whip and where not to whip.

Cock and ball bondage

Cock and ball bondage can be accomplished by the male charge alone for practice to get used to the feelings. The use of leather strips, ribbons, velvet cords work well. It is fun to use ornaments. Binding an erect penis can create a sensual work of art, and teasing it can be even more artistic and sensual. Be careful not to use silk and nylon; they are very dangerous. Do not expect cock and ball bondage to keep a penis hard indefinitely. The penis will usually get soft when not stimulated. Bondage that keeps the penis hard may be too dangerously tight. A rule of thumb here for those male charges who practice cock and ball bondage on themselves is to be sure that you can remove the bondage quickly. Good things to have handy are EMT scissors or bandage scissors.



Chapter Sixteen: Sessions

Everyone in Ds was a novice once and has experienced the thrill of trying something new, taking dreams and making them real. The magic of a session comes from the way it makes you feel and is what makes Ds and BDSM intense, enjoyable and gives the incredible rush of new horizons unfolding. The intensity of a scene has very little to do with the level of physical sensation involved, but with the unbelievable sensation of trusting someone else with your body and your mind, or of receiving this gift of control over someone else. It does not matter if you reach these heights through sadism, masochism, dominance or submission, or perhaps none of these; once you are there, it's fantastic!

Thresholds or Limits

Sometimes specific preliminary instructions occur before a scene begins. These may include shopping for erotic foods or toys, instructions given at work or home or delivered in a bouquet of flowers. This little "adventure" begins the longing inside of the charge, long before the partners actually meet.

A very important issue for many charges is pain. The threshold or amount of pain the charge may endure is different and where the safe-word is used. If a charge is new to the use of tools or is entering into a new relationship it is very important for them to know where his or her threshold lies. It is also extremely important if the charge already knows where threshold levels are and relate this information to the Master/

Mistress. Once the threshold is known it can be handled to the benefit of both.

Endorphins, neurotransmitters, chemicals, which are directly, involved in the brain's electrochemical workings, are natural painkillers. An endorphin rush or high endorphin levels cause a feeling of euphoria, better known to many in Ds and BDSM as "sub space" or floating. By working with thresholds in a sensible, careful manner acceptance of pain levels can be changed to a higher or more tolerant levels. It is important to remember that tolerance and thresholds can change daily even hourly, due to bodily functions or life's stresses. For many female charges, it can be due to female menstruation cycle and other hormonal changes.

Many Ds and BDSM related activities involve the fundamental idea of sensation to be erotically stimulating. This in itself requires skill by both the Master/Mistress and the charge for it to be mutually rewarding. The charge is the one in a session who most often gets the direct stimulus, and must be mentally prepared to focus on the active rendering of the stimulus into an erotically pleasing action.

There are many techniques to attain this, one of which is breathing. Breathing is very important by both partners to ensure safety, for the acceleration of breath can cause hyperventilation. Not breathing enough can cause the charge's circulation to become deficient. Good circulation is especially important during bondage, as the skin can turn clammy and blue. One must almost implant in themselves an awareness of the signs of poor circulation.

The euphoric feeling, "zoning" or subspace, as many call it, is one translation or reaction to body stimulus and the mind of the charge. This feeling has been described to be much like meditation, or sometimes

described as being similar to runner's high or hypnosis. Some charges, which have had unhappy or even good experiences during sessions, find these feelings similar to being "spaced out." Others feel as if it is running away through the mind. For others it may be a way of relaxation or focusing during a session.

Most times it is the Master/Mistress who delivers and distributes the sensations to the charge, however there can be instances when another charge will do the stimulation. In some forms of sessions or play it is not uncommon for the Master/Mistress to restrain the charge in some way before stimuli play commences. "Restraint" can be accomplished not only with a physical tool, such as rope or cuffs, but can also be a command mentally requiring the charge not to move.

All parties in the play should be aware of the focus area of the stimulus, how the stimulus is distributed and what variations are going to be used. This includes techniques used in warming up both the Master/Mistress and the charge. After play has stopped, hopefully, with the desired result attained, it is very important for both parties to "cool down" and depends on each partner's own personal needs and ways. Techniques used need to be satisfactory to all parties. Some couples may eat or drink to bring hydration and carbohydrate levels up or smoke a cigarette, while others may lie in bed together silently touching each other in a loving way.

Remember that successful sensation play depends upon both the focus and technique of the Master/Mistress. Mental attitude and active collaboration of the charge is also an intricate part of successful play. It should be noted here that for every technique tried, not all might work for everyone. Each person in Ds has his or her own way of doing things and what turns one person on might turn another person off.

There is no right or wrong way in Ds, only the ways that work for you and your partner and those that do not are what matters.

Parties and Other Public Play

Going to a party be it public or private can be a lot of fun. It also can be a very stressful situation the first few times. Before you even consider attending any public function scope it out. Make sure those holding the affair are reputable and have set up a set of safety parameters for all guests. Find out what the dress code is at the party and also in the neighborhood the party is going to be held in. For your own safety never attend alone. Take a friend with you just in case you go into sub space and to watch if you do decide to play to make sure you will not be harmed.

Party Manners

1. Always be polite and respectful. Find out what the protocol is for that particular event and follow it. Protocol may differ at different functions.
2. If you are at a party make sure all the large equipment is safe. Check for metal extensions like loose screws or nails. On wooden equipment make sure there is no chance of getting splinters. Also check for areas which might be worn out. In regards to small tools it is best to bring your own.
3. Do not play with anyone you do not know, or trust.
4. When playing make sure there is lookout right there with you. A lookout, "spotter" or Dungeon Master/Mistress is the person(s) who checks for equipment misuses or damage and keeps check on sessions making sure they are safe. The lookout should be someone trustworthy.

5. If you say, “No,” and someone persists in bothering you, find your host or hostess or the Dungeon Master/Mistress and tell them. If you cannot find one of these people then get someone you know to handle the situation.
6. Never give out your phone number, last name, address or place of business.
7. If you drink do not play. Under no circumstances should a person who has been drinking or on drugs do a Ds scene. If you are taking a prescription and the Mistress or Master knows about it and knows possible reactions then it may be all right.
8. Do not do anything with which you are uncomfortable. Make sure your personal limits are respected. If you are unable to do this due to being in “sub space,” then the friend with you should.
9. Make sure you bring your own latex gloves, dental dams or condoms. If you are allergic to latex be sure you bring non-latex gloves and condoms. Remember to have the Master/Mistress use them. Toys should always be sheathed.

Checklist for a Session

When you are going to session, privately, or publicly, especially with a new person let them know what you want and need. Let them know your expectations. Make sure they understand where your limits and thresholds are. Also discuss the expectations of the Master/Mistress and what parameters they are using. Find out if there is going to be a theme to the session and where and when it is to take place. If there is a theme, are costumes needed and for whom? Find out

if the Master/Mistress going to perform any type of bondage and if you need to prepare for it in a special way. Remember to inform the Master/Mistress of any medications you are taking and what physical limitations you may have.

Find out what physical/verbal stimulation the Master/Mistress is going to be using. Make sure the verbiage used to discuss the session and during the session are understood by both you and the Master/Mistress. How do they wish you to address them, others and what term of endearment do they wished to be used. What is the verbiage to be used in answering questions. Remember also to be sure your safe word(s) are in place and that the Master/Mistress understands and can hear them.

Discuss with the Master/Mistress what tactile or olfactory enhancement or depravation is going to take place. This includes taste, smell, presence or absence of sight, and sound. Be sure to state clearly your sensory limitations, expression limitations, and speech limitations. Never take it for granted that the Master/Mistress knows where your limits lie in this or any other area. Find out if there is going to be any type of sexual stimulation by invasive devices, such as a dildo or butt plug, compression devices, such as clamps, or striking devices such as whips and flogs. Find out if sexual play means by hand, oral or copulation. Make sure you let the Master/Mistress know your experience in each of these areas if this type of "play" is going to occur. Be sure also to let them know what your preferences are. Let the Master/Mistress know if you have any emotional "hot spots," these could include rape, abuse, or religious views. There is nothing worse then having a charge break out in tears because of a religious session dealing with nuns. On dealing with tears: men, in general, don't deal well with women cry-

ing. It is advisable if a female charge knows she cries during scenes that she should tell her Master/Mistress ahead of time.

During the session make sure that you have reality checks. Before even beginning make sure the Master/Mistress will care for you emotionally during the session. Watch them with someone else to see if they do reality checks, watch body language and listen for non-verbal sounds. It is also important for them to check on breathing, skin tone and color

After each session there needs to be closure for both the Master/Mistress and the charge. The Master/Mistress needs to “perform” after care on the charge to make sure they are fully cognizant. This can happen directly after a session for some and an hour or even a day later for others. Talk about how the session went in generalities and specifics. Discuss what needs to be added or avoided for both concerned. Yes, there is much communication, but for your safety and growth it is greatly needed.

Remember, be careful out there!

Chapter Seventeen: Types of Sessions

Food Play, or How to Bring Smell and Taste into Play

Have you ever watched the movie "Tom Jones"? If not go to your local movie rental store and rent it. You will not be disappointed. One of the most sensual parts is an eating scene from this movie. Many people do not think of eating as part of the Ds experience, that food and drink can play important parts in everyday life as well as in Ds ceremony and ritual. How one picks up the food with a utensil or dainty fingers can be one of the most stimulating acts. Getting the delicate tidbit to the mouth can be very erotic indeed. Then there is capturing the tidbit on the lips or tongue. Stirring eye contact while doing so says a mouthful, as does posture and language.

To make eating an enjoyable experience for everyone, first observe what aromas and tastes enhance the experience for your partner. Discovering what foods turn on or turn off a person is easy if you observe and note what they prepare at home or order in a restaurant. Be careful of garlic. I for one love the smell of fresh herbs, but do not like the taste of some that smell good to me. The Master/Mistress must first note what food, if indeed any the charge is allergic to and the charge needs to note what the Master/Mistress is allergic to also shellfish, mushrooms or different spices have the highest ratio of allergies among foods. Lobster is a very erotic food if handled properly. Just writing and thinking of that little trickle of melted

butter sauce running down the side of the mouth and how nice it would be to lick it off with the tip of my tongue. I do digress.

Ask yourself: What are there particular smells or tastes that make you feel particularly sensual or erotic. What aromas get you in what mood? Note when you are around food which aromas may put you in a sensual mood and remember going out to dinner. Even serving cheese and crackers before dinner can be a very erotic experience. A field trip to your local grocery can be a wonderful warm-up activity as you stroll past the cucumbers, peanut butter, Popsicle[®], whipped cream, honey, chocolate syrup. I am sure you can come up with lots of others.

Other play that concerns aroma and taste can be non-edible. Oils used in massage can be very sensual whether they are aromatic or not. Make sure you have your oils created for you so that they compliment your own body chemistry. There is nothing worse when giving or getting a massage when an oil aroma does not compliment one's body.

One game that is fun to play with aroma and taste is the blind feel/taste or walk. Here the charge will be blindfolded then guided through a feel/taste course. This builds a feeling of trust between the two partners with the Master/Mistress making sure that the charge will never be in any harm. Some of the aroma taste courses I have used have included things like cold spaghetti, vinegar, lamb's wool, and honey, a goodie you can use as a touchy and a great tasty for both of you.

Bondage

Bondage is a tool used by the Master/Mistress to restrict the movement of, or to immobilize the charge

for correction or for pleasure. During bondage the Master/Mistress can have some or complete control over the charge. No injury should ever occur to the person being bound. Before any type of bondage pre-agreed limits need be set. Not every charge has the same limits for bondage or likes the same types of bondage used. Not every Master/Mistress has the same knowledge of bondage techniques. There are assortments of restraints and bondage equipment you can purchase at stores or through catalogs. Each type has its own use and purpose. Regardless of the style of restraint, they should all be comfortable and should not cut off blood circulation. If the charge is extremely uncomfortable, they will have attention on their body and not fully on the experience.

During bondage, the Master/Mistress restrains most or some of the charge's body. Bondage can be used for instruction, punishment, or aesthetic looks. Bondage can also be used to tease a charge sexually or may even bring the sub to orgasm at the Master/Mistress wishes. In order to be bound, there has to be a deep level of trust by the charge for the Master/Mistress.

The Master/Mistress needs to be very perceptive as to skin color, skin temperature, clamminess of skin, and comfort level of the charge. The Master/Mistress also needs to watch very carefully for the cues and changes the charge will give through body language and sound. When bound, injury to the charge has a tendency to drastically increase. The charge at this time is not in a position to defend or assist them. It is an act of total trust and submission for a person to allow themselves to be bound.

Cuffs

Cuffs are specialized tools of bondage that bind extremities to another object, one or two at a time. Cuffs can be used on the wrists, ankles, thighs and arms. Cuffs can be made from different materials including nylon, leather, or metal. Some have Velcro closings, leather, buckle or even metal that can be locked if need be. When getting fitted for cuffs make sure that they are comfortable and not too tight because too tight a fit cuts off circulation. The style and type of cuff used at any given time also depends on what kind of bondage the Master/Mistress is doing. For instance, a bondage cuff is designed differently from a suspension cuff. Velcro cuffs are lightweight, but easily tear soft fabrics.

A totally specialized cuff is the thumb cuff. These are mostly metal cuffs that fit around the lower joint of the thumb keeping the hands together. It is not recommended using police-style handcuffs for bondage. Not only do they hurt, but also if the charge struggles they can cause skin, tendon or nerve damage. Even when lined in a thick sheepskin material they can still cut off circulation or tighten by them selves depending upon what brand you are using. One of the best restraints I have seen to date is sheepskin lined leather cuffs with a bar for the charge to hold making it very easy to open and close the hand to ensure proper circulation. These cuffs have leather up the side of the thumb. These cuffs greatly cut down on nerve damage to the wrist and hand.

A word of caution here about metal handcuffs, I personally do not recommend them because they can cause skin, nerve and tendon damage.

Shackles

Large wide chained together ankle cuffs are known as shackles or hobbles.

Ropes

Rope bondage is widely used and for some can also include scarves, neckties, belts, or any other multi-purpose item used to restrain the charge. Plastic tubing sold in medical supply stores is very comfortable there are many techniques of bondage. Many Masters/Mistresses begin with binding the hands either to each other or to the thighs, waist, behind the back, above the head or to an object. The feet can be bound together or apart, and the use of spreader bars is also used in both hand and foot bondage at times.

When using rope, care must be taken for it is very easy to cut off circulation, or cause rope burns. The charge needs to learn to inspect ropes that they are soft, clean and of proper diameter for the type of bondage to be done. Hopefully your Master/Mistress will check you frequently for if you struggle the ropes become either tighter or looser.

Straps

Straps for the most part are made of nylon webbing or leather and are used for more than binding the hands and feet. Due to the materials they are made from, straps are more difficult to get out of on your own or to be released from and they have the tendency to be more restrictive. Before you let anyone use straps on you make sure there is a pair of EMT scissors close at hand just in case you quickly need to be released.

Chains

Chains are many times used for binding a charge to another object or in suspension. Some Masters/Mistresses use chain directly on the skin for its aesthetic look and because it will not tighten accidentally. Chains can cause injury to skin. Choose a smooth, finished chain. When having chain used on you is sure to check it out for sharp areas and make sure quick release closures are used.

Suspension devices

Suspension devices are used to raise the sub off the floor. These devices are more advanced, and are best left alone if you are inexperienced.

Anal Play

There are many safety issues connected with the topic of anal play. Any play in and around the anus carries with it the hazard of infection. Some of the infections that we think of in connection with the anus are common bacteria in relation to defecation. Other infections many are not educated about include hepatitis, staphylococcus infections, and HIV.

The anus is very sensitive to touch. The tissues of the anus and rectum when probed or prodded are prone to abrasion and tearing. The lining of the rectum is porous and thin. It is one of the most vulnerable parts of the body to disease. Always use the safety precautions of a latex barrier. Remember, latex gloves, condoms on anal plugs, dildos and penises, dental dams for oral play. Use plenty of water-soluble lubrication. Petroleum based products will melt latex.

Fire Play

Fire play is a very beautiful and showy, but dangerous form of a session or play. Everyone involved needs to be knowledgeable of what is going on and what might happen during fire play. Fire play is when a mixture of either alcohol (not dehnatured alcohol) or magician's salt is placed on the body and lit, forming a colored flame. The flame can stay lit for up to three seconds on any one area before the skin will burn, but of course there are areas of the body not recommended for this type of play. The issues here are one, the mixture is properly made and two, the person being "set on fire" is still during play.

A common session might go like this. A charge is placed on a fire-resistant tarp, which is important to make sure any spillage of the mixture will not go past the area to reduce the chance of accidental fire in the dungeon. Then by using a plastic-handled swab, from which the extra mixture is shaken, the swab is then put on the body and either swabbed or in a drawing of some sort.

Wooden and paper handled swabs can absorb the mixture and metal handled swabs can get very hot when lit. Another swab is put in the mixture and lit, away from the charge's body, to ensure the flame does not drip in unwanted places.

When the chance of the flame dripping has stopped, the lit swab is quickly put on the pattern, making the fire glow and rise. Again the amount of time let to burn is very important so the charge does not get burned. Movement can cause the mixture to spread and drip into unwanted places or burn the charge.

Ice

Ice or cold materials are very common in wax and fire play and can be incredible in sensation. Ice, cold water or rubbing alcohol is used as a means to cool the charge down. Ice can also be used during other forms of play on the nipples, genital area and navel. The cool water spray is good to help cool a charge off after play if the skin is hot to the touch. Ice used inserted into the vagina or anal canal can be dangerous if left too long a period of time, causing damage to the tissue due to freezing.

Ice can be reasonably safe to have used on a charge if a few precautions are observed. Remember the human body can't really tell the difference between temperatures of ice. It's just cold. Ice will adhere to skin which can be very dangerous. A fun thing to use for ice play is a Popsicle® in the shape of a penis. This should be a reasonably safe practice as long as the ice is not left in place for too long. Frostbite is the real danger when playing with ice. Frostbite is caused when a body part gets too cold for too long. Another danger of internal ice play is hypothermia. Hypothermia results when a person's core body temperature becomes significantly less than 98.6. Leaving ice in place inside a person for more than a very few minutes, probably five or less, is potentially hazardous. This is because it is chilling a person's internal organs.

Another item many use for insertion is frozen grapes, which has an added advantage, as they are also good to eat.

Hot wax

Hot waxing can be a very sensual and erotic play. Again there are many safety factors involved including

the type candle one uses on the charge or the type wax used if pre-melted. Beeswax is the hottest wax when melted down and it is not advisable to use candles made from pure beeswax. A candle with a combination paraffin and beeswax is acceptable, if the amount of beeswax is less than fifteen percent of the total candle weight. Holiday decorator candles can also be very dangerous as well as scented candles due to chemical colors, inferior paraffin or additives for scenting.

If you are a charge who is pierced, either remove all your jewelry or make sure the Master/Mistress is aware of it and avoids getting any of the hot wax on it for metal conducts and holds the heat and may cause serious problems or burns.

Candles you pick up at craft fairs should not be trusted. There is no way of knowing how they were made and what impurities they might contain. Different colors and scents influence the temperature of the wax so please check out any candle or wax before you use it on another. Also remember that putting wax on your body is a lot different from putting it on another. YOU know when the wax is going to drip and you also know the place where. I recommend that if you are going to test melted wax or candle wax on yourself to use the inner upper thigh that is a very tender area of the body.

The best candles I have found for beginners to use are those gotten from the neighborhood hardware store. These are plain white candles and are made from paraffin. Also when pre-heating wax for use pure paraffin is the best way to go. With the preheating of the wax you can always keep it at a constant temperature that is congenial to the charges needs.

For a beginner start with the candle 18 inches to two feet away from the body and work on the back first. Use a few drops at a time. Look for reactions.

Once you feel comfortable with white the next color you should try should be light, for the darker the color the hotter the wax. Only if the charge is trained in waxing should they state what they wish, desire or need. The color and height held controls the temperature of the wax. Colored wax burns hotter than white the cheap white candle away from the body bout 18 inches. Hot wax dripping done correctly is very sensual.

1. Do not over oil a body before using wax on it. Oil can make the skin burn, but it also makes it easy to take the wax off.
2. Hold the candle 18 inches to two feet away from body. The danger with hot wax play is burns. Burns can be nasty and can get easily infected and they hurt worse than a cut. Burns are not a nice thing to get accidentally and even worse when gotten when you are in a very sensuous way.
3. For a beginner it's good to use a wide candle that pools instead of dripping straight from the taper. Don't use beeswax, it has the highest melting point of common waxes. The melting point of bee's wax is much higher than human skin can comfortably deal with.
4. Removal of wax can be done with a knife, with the blade at an angle so you do not cut the skin. This also is very sensual if done correctly. From the practical department, a drop cloth or something is advisable to keep the wax of carpets, furniture, etc.

Mummification

Mummification is the covering of the body and is accomplished with wraps, latex, or ace bandages. The

serious charge, Master/Mistress in mummification uses body suits or body bags. This is a very dangerous form of depravation since it can cut airflow to the skin's pores.

Latex

Latex is a liquid rubberized material that has become very popular in the last few years. Outfits can be made from this material as well as many toys. This is a very dangerous form of depravation since it can cut airflow to the skin's pores.

Golden showers

Golden showers are not for everyone. During golden showers the Master/Mistress has the charge in a position so when the Master/Mistress urinates, it flows onto the charge. Some Masters and Mistress like to fill the mouth or vagina with urine, some other to fill the anal canal. It is important to note here that there are health issues involved. Another form of urine play is having the charge urinate while having an orgasm.

Enemas (brown showers) and SCAT

Enemas are often used prior to and as part of anal play to clean out feces. Many times for this purpose the charge would give them a 6-ounce enema of warm saline solution held for about two minutes. Enemas when used as a form of punishment or humiliation are given by the Master/Mistress and range up to about 24 ounces of warm saline solution or even mineral oil solution. Be very aware not to hold an enema too long for it can cause the enlarging of the intestines and cause the colon to spasm, which is very painful.

Scat is the charge taking in of feces and consuming it. Some charges as well as Masters/Mistresses like this act, while some Masters/Mistress use it as a drastic form of humiliation. Again there are very serious health issues here.

Medical play

Medical play is a very specialize form of edge play for some Masters/Mistress and charges. It is usually done in an area that has been set up as a doctor's office, table, lights, and interment table included. Many times a speculum is used on female charges. This is a gynecological instrument that opens the vaginal and so the cervix can be easily viewed by human eye. Speculums come in either stainless, which must be sterilized after each use, or a disposable plastic. It is very important for the female charge to be properly fitted for speculum use. Other types of medical play can include piercing, use of scalpels, or needles.

Asphyxiation

Asphyxia is play that restricts or controls the charge's ability to breathe freely; Some forms of asphyxia include choking, smothering, and use of hoods that have tubes inserted for air control. This is a very dangerous form of play and not for the weak of heart.

Electrical play

Electrical play is play that uses any form of electricity through the body. The two most common forms of this are the violet wand or tens unit. The Violet Wand, named for its violet neon color, gives off static and when properly trained is safe during usage. Do not think that the wand can not do damage, if operated on

to high a level or near moisture it can give second and third degree burns. The TENS Unit is a medical instrument that uses the body's natural endorphins given off by nerves to spasm muscles. Use of either of these tools needs practice.

Edge Play

Edge Play is a type of play that with the use of tools brings the charge to the uppermost limits sometimes through fear or use of tools that could do much bodily harm. Edge play can also involve a large psychological manipulation of the charge by the Master/Mistress. This kind of play can be very detrimental to the charge if they are not properly prepared and debriefed afterwards.

I am not going to go into all the types of edge play, but give a list of some of the most common forms of it today in the US.

Choking of one's partner or air play.

Knives drawn on body or around neck.

Knife used except for taking wax off.



Chapter Eighteen: Body Markings

Piercing or Ringing

Erotic or marking permanent piercing is ornamented with jewelry. They can be on most areas of the body, with the ears, belly button, breast and the genital areas being most common portions of the human body to be pierced. Many choose to have their tongues, eyebrows or noses pierced as well. Pierced ears are the most prevalent piercing done with the next to least "evil," the belly button.

There are many reasons that people are pierced. Some choose this as a form of statement of their sexuality. Genital piercing affords certain types of sexual play more available. Others have their partner pierced to show ownership. It is common in some cultures for the placement of a ring of the genitals as a symbol of marriage and a sexual commitment to the partner. A piercing on the genital area adds to the sensitivity to touch.

Navel piercing has been done for hundreds of years in many cultures going back to Egyptian royalty. The belly button is pierced on the upper side, allowing for a jewel or ring to be hung from the piercing. The actual belly button piercing is the same size as the ear and takes several days to heal properly. The clitoris and labia lips takes about two weeks to heal it. When a region of the body is pierced, except for the breasts, the piercing goes through skin and as in the case of ears perhaps cartilage. The piercing of nipples goes through the nipple itself and with a woman pierces the nursing ducts as well.

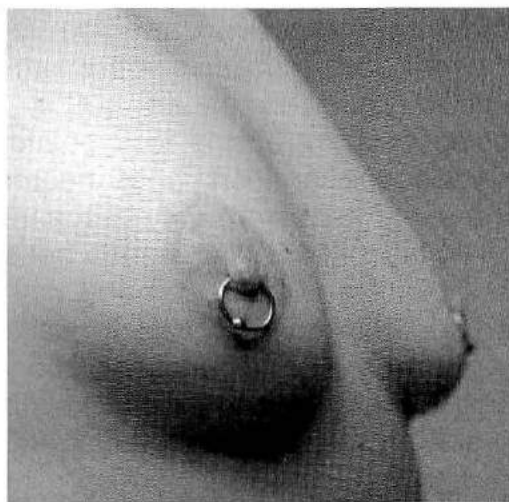
Clitoral piercing is usually performed on the top and front hood through the skin but above the sensitive muscle. This has to be done very carefully so as not to sever essential nerves. Many women who have their clitoris pierced have constant stimulation. I have seen a double clitoral piercing where one piercing is done to each side of the hood and then chained together so the clitoris is receiving constant stimulation, from the chain itself. The skin being pulled away from the muscle, clamped and then the piercing done quickly. This manner of piercing is used to avoid any "nicking" of the muscle below. In hood piercing, the ring is located so it gently bounces against the clitoris, to provide constant stimulation.

Labia piercing is done for many reasons, one being a show of marriage or ownership. It is also done to add to certain types of sexual play. The piercing of the labia does not add stimulation, but by the adding of weights to the piercing constant rubbing will occur. If a double piercing is done, on both labia lips, rings placed in the piercing can be used for pulling the labia apart or tying the labia together.

Male piercing of the penis and testicle sack is very much in vogue now. The skin is pulled away and pierced in the same manner as a clitoral piercing. There are five basic forms of penis piercing. The first type of penis piercing is where the ring enters the urethra and comes out the bottom of the frenulum. The ring applies pressure to the frenulum and urethra during sexual relations giving more stimulation to both partners. If this piercing is done, special care need be given to make sure the urethra is not damaged causing infection or blockage. The second method is a bar that is placed through the glands horizontally and above the urethra.

The third method is a bar placed through the glands vertically. This type of piercing is just above the corona and extends down through the frenulum. The fourth method of penis piercing is a bar or ring above and below the corona to help replace sensation lost during circumcision. The last penis piercing goes through the frenulum. This can be tugged on during sexual relations.

The belly button is pierced at the top and inside a bit. The ring hangs down flat. If a post is used in the belly button, there are at least two ways to pierce. One is from side to side above and the other is through each side of the belly button making parallel lines.



Nipple piercing has been accepted from the times of the Romans when centurions pierced their nipples as a symbol of courage. Victorian ladies did theirs to enlarge their nipples and make them more notice-

able. Nipple piercing is the most dangerous of the piercing for a women. Being a sensitive organ by themselves, the nipples are often damaged by piercing. The ducts and glands of the nipple can become blocked or infected. To pierce the nipple correctly it needs to be done behind the nipple and care taken by the piercing technician to avoid the gland ducts. On either males or females, the nipple is pierced just

above the base just where the color change to the areola begins. Either rings or posts may be used.

There are two ways to pierce the nose. One is on the side of the nostril that goes through skin. The other is through the cartilage between the nostrils. A ring or post may be used for either piercing.

Tattooing

Tattooing is one of the easiest ways for a Master/Mistress to mark their charge. Tattoos are a permanent mark made through use of a needle inserting dye under the skin to form a design. Not all tattoos can be finished in one visit and intricate, large or multicolored tattoos need two, three or more visits. Unwanted tattoos usually can be removed by laser surgery, provided the artist exercised diligence in the art.



Tattooing fleshy areas is less painful and heals quicker than those nearer bony areas. After care is very important to a new tattoo and being sure to heed the artists advice on length of time covered and when you are able to wash the area. It is also important to know what antibiotics to use. Neosporin is an excellent balm to keep your tattoo soft and infection free during the healing process.

Large and intricate tattoos take time and you need be prepared to re-visit your artist several times. If the "tat" is large or colorful, most often the first visit will simply be to outline the area and define its shape, the balance of the visits to fill colors and to define the smaller areas.

Cautions in tattooing

1. Make sure the needles are new and still wrapped or have been properly sterilized. Ask how they were sterilized and watch them do it.
2. The surface they place the tools and dyes on is clean, sterile and with each customer, a fresh vial of dye is used.
3. Make sure the artist wears latex gloves.
4. Make sure your skin is clean and if necessary, shaved beforehand.

When tattoos are not taken care of there can be scarring, distortion and in worse cases infections that have been known to cause loss of limbs or death. Sometimes infection can rise even if the tattoo is properly tended. Watch for any signs of swelling, pain or redness that persists and consult your physician if needed. Always use the ointment the artist gives or get antiseptic ointment from your pharmacy if none is provided.

There are several places on the body that should not be tattooed. When you get a tattoo on any bone or where muscle is thin there will be more pain than over a well-muscled area. If you are a masochist then go for those two places. Good places for a tattoo are the breast, thigh, butt, tummy, upper arm or calf. When you have your tattoo done, avoid any alcohol or drugs and if you are on a prescription medication, inform your artist first.

When you get your new tattoo you want it to look good and to do this you need to take care of it. Before leaving the studio, your artist will put a bandage on the tattoo. Make sure this bandage stays on at least two hours but not more than twelve. The time the bandage needs to be on depends on where the placement of

the tattoo is. If it were on an inner thigh then twelve hours would be a good idea. To remove the bandage, wet it to help prevent sticking. Immediately after removing the bandage, wash the area lightly. It is best to use a mild soap and cool water. Rinse the area thoroughly and pat it dry. When dry apply a light coating of an antibacterial ointment to the entire tattoo and reapply a fresh coat every three to five hours.

The treatment should be for at least three days and longer if needed. Within a few days, you may see some peeling of the skin around the tattoo. It is very important not to peel this skin away, but to keep it lubricated with the antibacterial ointment or lotion. After the tattoo has healed you can stop using the antibacterial ointment and switch to a gentle moisturizer. Whatever brand you choose, make sure it is a cream-based and non-greasy. It is also best that it contains no perfumes or alcohol. Continue to use the moisturizer until the skin is back to its normal color and texture.

During the healing time of a new tattoo there should be no sunbathing as some healing tattoos, react violently to sun exposure. If the tattoo is in an area covered by clothing, while it is healing make sure the clothing is very loose.

Refrain from soaking the tattoo under any water for at least two weeks and taking of quick showers is best. Oh, and if you work out in a gym, be careful as perspiration can interfere with the healing process. If you have any problems that do not clear quickly they need to be brought to a doctors attention.

Remember that a tattoo is a rather permanent thing. Think it through before you choose to have a tattoo. Ask yourself some questions. Will it affect your life in any manner? Do you plan on being the charge of "MASTER DEATH" for the rest of your life? Is it in a

place where you will be embarrassed by its presence? Consider these items well before your proceed and be sure to check out the artist first, see samples of his work and if you are not satisfied, shop other artists. One last word of caution, NEVER, let an untrained person do a "home" tattoo. It takes skill and training to properly apply a tattoo and it's potentially your life you're thinking of here. Be careful!

For more information

The Alliance of Professional Tattooists (APT, Inc.) is a non-profit professional standards organization for tattooists, their associates, and supporters. They offer continuing education, up-to-date information about safe tattoo procedures and they monitor legislation from across the country.

The Alliance of Professional Tattooists
APT INC.

7477 Baltimore-Annapolis Blvd. Suite 205,
Glen Burnie, MD 21061
(410) 768-1963.



Tagging

Tagging is a way of marking the body for ownership. There are two basic forms of tagging. One is a tag through a piercing on the body. The other is the tag worn on a chain. Some of the most common places for a pierced tag

to be worn are left ear, labia or penis. Anyone who touches the charge knows the charge is owned and by reading the tag, is made aware of whom owns him or

her. A bracelet tag is worn on the right wrist or left ankle and hung off waist chains.

Branding

Branding is the most ancient form of marking in the Ds community going as far back as Egypt. Persons whose skin has a darker pigment use branding to mark or decorate the skin over tattooing because tattooing does not hold enough contrast. Today some primitives use consensual branding as a mark of ownership.

Brands are done with a hot molten iron and are made up of curves and straight lines with none joining to make a circle or other enclosed area. The width of a brand line or curve when healed expands to about four times that of the original searing. The brand is usually the initial, of the Master, Mistress, or a special mark. Most times the charge will know and be prepared for carrying their owners mark in this way. Brands are mostly done on a flat location such as the shoulder, buttocks or thigh. The inner thigh being very common due to the Master/Mistress being able to touch at any given times.

A scenario for branding might be as follows. The charge would be prepared by learning they were going to be branded and they would be bathed and relaxed as much as possible. Binding the charge so they can not move at all is common so the brand takes quickly without a miss. The area to be branded would then be serialized. When the hot iron it is taken out of the forge it is applied to the charge's skin for about three seconds. Ice would then be applied until the pain is reduced and followed by the application of a cooling salve.

Brands take two to three weeks to heal and are treated like burns, but need special care, so the skin does not peel or become infected. Unlike a tattoo, brands can not be easily laser removed and usually skin grafts are needed to remove the brand. Infection is very common with brands not treated properly with a good antibacterial ointment. If you have a new brand and your skin darkens in the sun, a good sunscreen needs to be applied to the branded area for about six months after branding to ensure proper coloration contrast of the brand.

As with tattoos, be very sure this is the right thing to do. Branding is very painful, potentially very dangerous and not something you wish to do at the hands of an untrained branding technician. Two seconds means the difference between having a delicate brand, disfigurement or perhaps never again being able to walk properly. This technique is not for the novice nor for those who might in the future change Masters/Mistresses. A very permanent thing is worse to have removed than done and an embarrassment later in life if the brand is that of a former lover. Think it through!

Chapter Nineteen: Pony and Puppy Training

The world of pony in the Euro style is very different than what the norm is in the United States. It is based upon the sheer graceful beauty of the great and superbly trained show horses so admired and respected in Europe. For centuries Masters/Mistresses have attempted to duplicate and enhance upon this magnificent segment of the lifestyle.

Pony training in Europe came into its own primarily in France in the late fifteenth and early sixteenth centuries. Many of the royalty and nobles as well as the selected few that were by the day's standards very wealthy kept and trained "stables" of ponies. Great contests were held where ponies trained in show, matched performance, the ability to pull great weights, and judged accordingly with prizes awarded for the best of the shows. Rarely if ever in the European training sector do you see the likes of saddles or the ponies "ridden;" they are simply too precious to their owners to be used in these ways.

Events are held to this day, inclusive of one annually in England where the great trainers of the world show the perfection their stables have achieved. Such shows are not uncommon and are frequent though difficult to find and to enter; usually by invitation of the show's producer only.

In parts of Europe, especially England, it is not uncommon to see a pony cantering along a country road. The Master/Mistress seated in the light cart being pulled and the pony in full regalia, either a training session or just out for a leisurely ride in the country air.

Euro pony is not gender specific, with both males and females trained in the many varied styles. In training and show, there are specific harnesses, bits, manes, tails, hoofs, and other items that are particular to the type of training at hand. A male, or a matched set of males, trained to pull heavy carts or sleds would be well-gearred in heavy leather harnesses. These harnesses are designed and constructed to fit perfectly and with strong bits and heavy reigns geared to a work style of training.

A female trained to show, as a Lipizzaner would be in full harness, often jeweled or bedecked in ribbons or tiny flowers, a cap and plume, mane, tail and hoofs. Usually this type of gear is set so the pony's arms become the front hooves, much as a prancing horse might display. Other times the arms are bound behind the pony, offering a very straight back, highly held head and the concentration is upon the steps the pony is directed to execute.

Pony is a most beautiful art form, highly developed and highly respected in the Euro Ds communities. Training may take years, constant physical conditioning, and a strong mental attitude set into the pony's mind. To achieve the most delicate and beautiful of held step and in perfect unison pull the great weights of a sled requires both the unwavering commitments of the Trainer and of the pony as well. Often the ponies are much pampered out of the training or show circle and always cared for deeply by the Trainer/Owner. Some owners go so far as to have specific "grooms" for each pony in the stable and Stable Masters, exactly as one might with the great show and race horses in the US. Stables are opulent but yes, the pony may reside in a "stall," living fully life as what he, or she has become, the highly prized possession of an Euro Pony Owner or Trainer

Styles of Euro Pony Training

There are many distinctive "styles" of training, for the most part distinguished by the country of origin. These included in the main styling:

German: A distinctive style geared to a tightly arm bound pony and a quite marshalistic approach in the manner of the pony's handling.

English: Softer than the German style and distinctive by the use of carts as well as show stance and some racing.

Austrian: A highly distinctive and very ritualistic form of pony often accentuated by specific movements and paired training.

Spanish: Patterned after the great riding schools of Spain and Vienna, they often imitate the well know standards of the great Lipizzan stallions. Perhaps these ponies are the most beautiful and graceful of all styles.

Voquisé: Not often followed anymore, this style concentrated upon the pony living fully as a horse, stabled and is one of the very few exceptions to the pony being ridden. This style was practiced in France, in the early periods of pony training. This style was often "sport" for nobles and the ponies raced while carrying young boys or girls, usually nude themselves, in specially designed saddles as jockeys.

Pull or Sled: Confined to the most part to male ponies, this entails great strength and often paired matching. Carts and sleds are pulled for weight, speed, and for distance as well as how well the pony maintains stance and gait. A well-trained matched set is quite beautiful to watch with exacting movements, precise turns

and executions as well as the pure power and the strength that is exhibited.

Other distinctive styles of training have emerged from these basic Euro styles and have become widespread in Central and South America. This training has fewer accents upon grace and beauty and focuses upon the individual pony and to his or her, specific abilities. South American Pony tends to be oriented to nudity, exposing the pony and accentuating the pony's physique via special harnesses and the affixing to the harnesses of male pony's, the simulated genitalia of the stallion. Central/South American pony training is growing at a rapid rate and can be readily found in Mexico and Brazil.

Pony training as a part of the Ds lifestyle is growing through the world. Though slow to become involved, there is now a steady and growing interest in the Orient. The majority of such interest coming from Japan and Thailand. There is a large event yearly in Thailand were competitions, exhibitions and trading occurs.

The Accouterments, Tools & Habiliments

Commencing at the head and working downward the pony's frame:

Plumes and Feathers. An often integral part of the cap and worn much like a jockey's "colors" to distinguish the Owner or Trainer. Feathers might be ostrich, EMU or pseudo feathers and either natural in color or dyed. Plumes might be of dyed and fluffed wool, cotton, or other material but both share a trait of standing straight up from the cap. Either may be of any length the Owner/Trainer might choose.



Caps: (Peldemores): Caps are usually of leather and match well the balance of colors of the pony's habiliments. Fitted tightly to the head, some have chin-straps to hold them in place. Others rely on a perfect fit. Attachments might include facial strapping, manes, and permanent or detachable blinders.

Blinders: Two stiff leather rectangles attached to either the cap or a separate head harness, which limits the pony's ability to see to the side. The leather rectangle rests at the temple and juts forward to limit preaxial vision.

Bits: In most cases actual horse or (real) pony, bits are used. Usually of chromed or nickel plated steel, the bit fits between the teeth in the pony's mouth to control guidance. Reigns or lead straps are easily attached to the bit. A word of common sense here, always purchase bits with a rubber coating or sleeve on the bite bar to avoid injury or the chipping or breakage of teeth. Avoid chain bite bars.

Harnesses: The three main styles of harnesses are:

Show Harness: Show harnesses are usually lighter in weight and come in multitude of colors and styles. Show harnesses may be decorated with studs, jewels, and any number of ringed attachment points. The German style of show harness usually includes a lace-able sleeve in which the pony's arms are tightly bound behind its back to promote an upright stance. English style of harnesses usually include a short strap between wrist and upper arm buckled in place to resemble a prance with the front "hoofs" held in a forward upright prance position.

Pull or Draft Harness: Heavy weight leather these harnesses are designed to withstand heavy workloads. Designed primarily for males, the harness is used for pulling heavy carts, sleds or in other strength related competitions. Matched harnesses for match ponies often include a permanent attached single tree for quickly attaching sleds or carts. Not usually ornately decorated, these harnesses are designed for functionality rather than eye appeal.



Cart Harness: A common English design, this harness is lightweight yet strongly constructed as to be able to easily attach a single rider cart or sulky. Common to this style of harness are decorations such as flowers, feathers, or beads that often adds to the overall beauty of the presentation. Attachment points at the waist offer simple

double snap hook up to one tongue of the sulky to each side and is loose enough to promote changes in the pony's gait as the rider commands.

Common to All Harnesses: A typical harness consists of leather straps that encircle the body, vertical shoulder straps to a mid-back attachment point and strapping between the pony's legs between a waist and back attachment point. Most pony harnesses are tightly secured with buckles. Attachment points are placed at most any point on the harness as the Owner/Trainer chooses.



Habillement: Usually in a private setting the pony is nude except for harness, cap or other pony gear. However, in public or at demonstrations oftentimes, habailments are worn. This is a tight leather body suit that highlights the pony's attributes, such as breast cups for females. These suits may be plain or very ornate, having attached manes, tails and in some instances front and rear hoof shoes. Usually a well constructed one piece suit; the pony is laced or buckled into the habailment, giving the impression, once in place of a very sleek pony. These outfits may even include a cap as a part of the total suit. This setup and apparel is frequently sighted on quaint country roads in England, the pony happily pulling the sulky of the Owner/Trainer as he or she rides contentedly down a country road.

Included in habiliments, would be tails either attached to the harness or worn as a butt plug. Manes may be fitted to caps, harnesses or in some instances the pony's hair is long enough to promote such an illusion.

Hooves: Hoof shoes are in two varied styles, one for the front hooves, one for the rear hoof. Front hoof shoes are shaped exactly as the front hoof of a horse/pony and have inside a small "grab" bar, held by the pony. These are laced tightly, usually with hidden laces, to promote the hoof effect. Rear hooves/shoes hold the foot and ankle so to give the impression of a horse's forelock. The base of the shoe is a steel horse-shoe attached securely to a stout leather boot. The boot is shaped and supported in such a manner as the weight of the pony is supported on the balls of the feet and toes. When laced tightly and properly into place the boot looks quite like an actual horse's forelock and hoof.

Reins and Leads: There are any number of reins and leads available of leather, nylon, or chain. Length and weight varies with the intended use.

Sulkies: A sulky is a lightweight, two-wheeled "cart," usually designed for one rider. In this instance, it is constructed and balanced to the human body with long tongues curved inward to be easily attached to points at the pony's waist. Sulkies are traditionally open but may include a lightweight collapsible cabrolet roof to keep sun or rain from reaching the Owner/Trainer while riding. Sulkies may be rather plain or ornately decorated as the Owner chooses.

Carriages: Carriages designed for two to four riders and are often very ornate and heavy. Built for display as well as use, most carriages are drawn by two or four matched ponies and such is a very impressive display. In the late sixteenth and early seventeenth centuries it was common to French nobility to be transported to a ball in such a conveyance.

Common Tools: A well organized Owner/Trainer of course would have a good collection of varied crops, dressage, lunge and carriage whips, several sets of harnesses and fittings to cover the events where the pony will be shown.

Steps and Prances

The steps and postures within the art of pony and pony training are the grace and beauty those within the Euro lifestyle respect and admire. Posture is critical to the pony being just "another" pony or an outstanding example of the art. Conditioning, exercise and the mind set lend well to the posture and the pony that thinks always of great show horses know how important style and grace becomes.

The main and most common steps in the art of pony include:

- Held stance**
- Normal gait**
- Trotting gait**
- Gallop**
- Race gait**
- Pull gait**
- Sulky**
- Carriage**
- Light cart**
- Heavy cart**
- Sled**
- Holding step**
- Kick step**
- Side step**
- Prance (in place)**
- 5-Point turn**
- Lipizzan**
- Hauté ecole**
- Piaffe**
- Aires (above ground)**
- Levade**
- Controlled rearing**
- Caproile**
- Dressage**
- Extended and restrained gait**
- Walk**
- Trot**
- Lateral**
- Leg yield**
- Angled forward**
- Pony bow**
- Trainer led**
- Whip guidance**
- Hunt (rare in practice)**
- Steeplechase (rare in practice)**



Training and Training Facilities

If you choose to train your pony in the Euro methods the following are a few suggestions as to equipment you might choose to acquire:

Training Post: A simple post, firmly anchored, preferably out-of-doors with a sliding and swiveling attachment for a lead. Walking or placing your pony attached to such a post provides self-guidance to all of the steps and provides an excellent exercise device as well.

Stalls: Stalls offer a great deal to the overall mindset of the pony. A simple stall might be placed most anywhere; a garage, spare room, basement, barn, or out of doors. They are quite easily constructed of wood or metal piping. Commercially made and free-standing stalls are available at most farm supply stores. Straw on the stall floor provides a more realistic effect as well as tether points from bit to stall for discipline or bathing the pony.

Arena: If space is available, an arena is quite nice to have. It need not be large and could for this purpose easily fit in an average back yard. Much like a miniature racetrack, with canted wooden fencing and perhaps a small seating area, arenas offer the ultimate in the ability to show your pony. If the "track" area is to be dirt, be very sure it is free of small stones, not compacted and kept just lightly damp to avoid the pony breathing dust. A well-maintained grass track is preferred but a note of caution, grass tracks do have a tendency to be slick and should be included in your overall consideration. As well the arena is an excellent exercise and work area for training.

Sulky: Should you choose to train your pony in sulky, there are two manufacturers in Europe, one in England and one in Belgium.

Puppy Training

Puppy training is teaching a person to act like a puppy, bitch or dog. The charge is kenneled, eats, and drinks from a bowl. The puppy stays on the floor and plays doggie games and does doggie tricks. Puppies do all the puppy tricks like rolling over, playing dead. Most puppies do wear ears and a tail. They wear a puppy collar and, when walked or tethered, a leash.

The art for the puppy is in the fact of turning their mind and actions into becoming a puppy. Being a fully trained puppy means that you would bathroom, as a puppy would, eat out of bowls, be groomed by the "owner," and sleep on a puppy bed. There are puppy shows held with prizes given out in categories ranging from conformation to puppy tricks. Categories also include best of breed.

There are more and more puppies encompassing some or many of the aspects of being a puppy for fun. To some people puppy training is humiliating. A "true" puppy is very pampered. Both genders can be trained. Some female puppies go for the poodle type look, as there is a lot of grooming involved and they love the diamond collars and leashes.

Many puppies personally enjoy the physical aspect of it. They love just scampering around on the floor, being totally nonverbal and totally affectionate. For some there are no boundaries because puppies don't have them. Many love being a puppy because everyone loves a puppy. There is much physical contact; such being patted, scratched behind the ears and fed puppy treats. Many do puppy in public for only short periods of time because it is very tiring and you can dehydrate easily. It is very hard on the knees, even with protective kneepads, which need to be the type that can bear weights and do not scrape the skin.

The trainer or handler in puppy training has to be sensitive to who is open to being approached by the puppy and who isn't. Remember there are people who do not like puppies. Also, in public play, the trainer or handler has to watch out that the pup's paws don't get stepped on. For puppy treats, use high-energy, high carbohydrate snacks like a trail mix. The trainer or handler also needs to make sure the puppy stretches out before going into puppy mode so muscles are not tight since being a puppy is so athletic.

APPENDICES



Appendix A

BOOKS, VIDEOS, ART

Nonfiction

Baldwin, Guy, M.S., *Ties that Bind: The SM/Leather/Fetish Erotic Style*, 1993, ISBN 1-881943-09-7, Daedalus Publishing Company, San Francisco, CA

Bannon, Race, *Learning the Ropes: A Basic Guide To Safe And Fun S/M Lovemaking*, 1992, ISBN 1-881943-07-0, Daedalus Publishing Co, San Francisco/Los Angeles, CA 94114

Bean, Joseph W., *Leathersex*, 1994, ISBN 1-881943-05-4, Daedalus Publishing Co, San Francisco, CA

Brame, Gloria G., Brame, William D. & Jacobs, Jon, *Different Loving* ISBN 1-679-40873-8, 1993, Villard Books, New York

Brent, Bill, *The Black Book*, 1998, ISBN 096374013x, Black Book Publishers, San Francisco, CA

Califia, Pat Editor, *Lesbian S/M Safety Manual*, 1988, ISBN 1-55583-301-2, Lace Publications, an imprint of Alyson Publishers, Boston, MA

Califia, Pat, *Sensuous Magic*, ISBN 1-56333-131-4. 1993, Masquerade Books, Inc, NY

Chancer, Lynn S., *Sadomasochism in Everyday Life: The Dynamics of Power and Powerlessness*, 1992, ISBN 0-8135-1808-3, Rutgers University Press, New Brunswick, NJ

Cowan, Lyn, *Masochism*, 1998, ISBN 0882143670, Continuum Publishing Group

Cowan, Lyn, *Masochism: A Jungian View*, 1982, ISBN 0882143304, Spring Publishing Group

Dominquez, Ivo, *Beneath the Skins: The New Spirit and Politics of the Kink Community*, 1994, ISBN 1-881943-06-2, Published by Daedalus Publishing Company, San Francisco, California

Easton, Dossie & Liszt, Catherine, *The Bottoming Book: or How to get Terrible Things done to you by Wonderful People*, 1992, ISBN 0963976311, Greenery Press, San Francisco, CA

Easton, Dossie & Liszt, *The Topping Book: Or, Getting Good at Being Bad*, 1996, ISBN 0963976354, Greenery Press, San Francisco, CA

Gibson, Ian, *The English Vice*, 1976, ISBN 07256130901, Gerald Duckworth & Co., London, UK

Green, Lady, *The Sexually Dominant Woman: A Workbook for Nervous Beginners*, 1992, ISBN 0-9639763-0-3, Greenery Press, San Francisco, CA

Herrman, Jack, *Trust: The Handbook: A Guide to the Sensual and Spiritual Art of Handballing*, 1991, ISBN 0962475157, Alamo Square

Jacques, Trevor, with Dr. Dale, Hamilton, Michael, and Snuffer, *On the Safe Edge: A Manual for SM Play*, 1993, ISBN 1-895-857-05-8 (paperback), ISBN 1-895-857-06-6 (Hardcover), Whole SM Publishing, Toronto, ONT M4W 3T9

Jacqueline, Mistress, *Whips and Kisses: Parting the Leather Curtain*, 1991, ISBN 087975656x, Prometheus Books, NJ

Love, Brenda, *Encyclopedia of Unusual Sex Practices*, 1992, ISBN 0-349-10676-2, Bretteham House, London WC2E 7EN, UK

Mains, Geoff, *Urban Aborigines*, 1984, ISBN 0-917342-38-0, Gay Sunshine Press, San Francisco, CA

Marcus, Maria, *A Taste for Pain: On Masochism and Female Sexuality*, out of print, ISBN 0312786190

Miller, Phillip and Devon, Molly, *Screw the Roses, Send Me the Thorns*, ISBN 0-9645960-0-8, Mystic Rose Books, CT

Moore, Thomas, *Dark Eros: The Imagination of Sadism*, 1995, ISBN 0882143654, (audio cassette) ISBN 1879816172, Spring Publications, Dallas, TX

Morin, Jack, Ph.D., *Anal Pleasure & Health: A Guide for Men and Women*, out of print, ISBN 0940208083, Yes Press, San Francisco

Russel, Stephen and Kolb, Jurgn, *The TAO of Sexual Massage*, 1992, ISBN 0671780891, Fireside

Russel, Stephen and Kolb, Jurgn, *The TAO of Sexual Massage*, VHS Tape, 1997, ISBN 6304448414, Health Acu Press

SAMOIS, Editor, *Coming to Power*, 1981, 1987, ISBN 0-932870-28-7, Alyson Publications, Boston, MA

Scott, Gini Graham, Ph.D., *Erotic Power: An Exploration of Dominance and Submission*, Citadel Press, 1997, ISBN 0806518510, Carol Publishing Group, New York, NY

Slinger, Douglas and Penny, *Sexual Secrets: The Alchemy of Ecstasy*, 1997, ISBN 08928126664, Inner Traditions, Intl, LTD

Stoller, Robert J., *Pain and Passion: A Psychoanalyst Explores the World of S&M*, 1991, ISBN 0-306-43770-8, Plenum, New York, NY

Thompson, Mark, Editor, *Leatherfolk*, 1991, ISBN 1-55583-187-7, Alyson Publishers, Boston, MA

Townsend, Larry, *The Leatherman's Handbook II*, 1989, ISBN 0-503-09999-6, Carlyle Communications, NY

Wiseman, Jay J. *SM 101, A Realistic Introduction*, 1992, Published by Jay Wiseman, Berkeley, California. Other books by Jay Wiseman

Sex Toy Tricks: More than 125 Ways to Accessorize Good Sex
Supermarket Tricks: More than 125 Ways to Improvise Good Sex
Tricks: Another 125 Ways to Make Good Sex Better
Tricks: More than 125 Ways to Make Good Sex Better

Warren, John, *The Loving Dominant*, ISBN 1-56333-218-3, Masquerade Books, Inc., New York

Warren, John, *Safe, Sane, Consensual and Fun*, 1995, ISBN 1-886073-0802, Diversified Press, Boston

Information on Spanking

CF Publications, PO Box 713, E Setauket, NY 11733. Newsletters, stories, fiction.

CD Publishing Corp., 213 Valley St, Ste 228, South Orange, NJ 07079. Information, newsletters, personal ads

Shadow Lane, PO Box 1910, Studio City, CA. One of the best, with lots of materials, videos, et al.

Theses

The complete Guide to Safe Sex, Institute for the Advanced Study of Human Sexuality

Vance, Carol, editor, *Pleasure and Danger: Exploring Female Sexuality*. The Scholar and Feminist Conference at Barnard in 1982. A collection of papers and talks from this watershed of the Woman's Movement. Out of print but available in many libraries.

Weinberg, Thomas and Kamel, G.W., editors, *S&M: Studies in Sadoomasochism*. A collection of essays on the nature, origin and development of what they call sadoomasochism.

Fiction

Rice, Anne as A. N. Roquelaure
 The Sleeping Beauty Trilogy:
The Claiming of Sleeping Beauty
Beauty's Punishment
Beauty's Release

Rice, Anne as Ann Rampling
Exit To Eden
Califia, Pat
Macho Slutt
Doc and Fluff
Sapphistry
Melting Point

Deleuze, Gilles and McNeil, Jean,
Masochism: Coldness and Cruelty
Adamson, Sara
The Marketplace
The Slave
The Trainer
The Catalyst

Norman, John, *The Gor Series*, 26
 Novels

Tan, Cecillai
Telepaths Don't Need Safewords
Sex Magick

Circlet Press, Anonymous
Autobiography of a Flea
Dangerous Lessons
Sacred Passions
Satanic Adventures
Man and a Maid Blue Moon Books
Man and a Maid part II Blue Moon Books
Man and a Maid part III Blue Moon Books

Kotz, Cappy, *The First Stroke*

Oakgrove, Artemis
The Raging Peace,
Dreams of Vengeance,
Thrown of Council
 von Sacher-Masoch, Leopold, *Venus in Furs*
 Preston, John, *The Love Master*
 Reage, Pauline
The Story of O
The Story of O: Part II
 McNeill, Elizabeth, *Nine and a Half Weeks*
 Andrews, Grant, *My Darling Dominatrix*
 Dante, Robert, *Silent Command Scene Poems*
 Greene, Sharon, *The Warrior Within*
 DeBerg, Jean, *The Image*
 Emard and Manara, *The Art of Spankings*
 Malatesta, Louise, *The Queen of the Grove*

Photography

Kroll, Eric, *Fetish Girls*
 Nazarieff, Serge, *Jeux de Dames Cruelles*
 Rosen, Michael A, *Sexual Magic: The SM Photographs*

Mail Order

QSM
 P.O. Box 880154
 San Francisco, CA 94188
 Phone: 800-537-5815
 Fax: 415-550-7117

Diversified Services
P.O. Box 35737
Brighton, MA 02135
Phone: 617-787-7426
Email: jwarren@ds.tiac.net

Good Vibrations
(415) 974-8990
1-800-289-8423
goodvibe@well.com
<http://www.goodvibes.com>

Blowfish
(415) 864-0880
info@blowfish.com
<http://www.blowfish.com>

Circlet Press
circlet-info@circlet.com
<http://www.circlet.com/circlet/home.html>

Magazines

Sandmutopia Guardian, Desmodus, Inc., P. O. Box 410390, San Francisco, CA 94141-0390, (415) 252-1195. \$24 for six issues (US/Canada). How-to magazine, focusing on the basics of SM play with lots of listings of clubs around the US.

Skin Two, Freepost, 23 Grand Union Centre, Kensal Rd, London W10 5BR. All glossy with articles and photos, emphasis on latex section of magazine, book, and store listings in

the back of every issue. They take credit card orders at 081 968 9692.

Brat Attack P.O. Box 40754, San Francisco, CA 94140-0754. A magazine by SM dykes, and mostly for SM dykes, though the writing is smart and funny no matter what your crotch looks like. Subs are 10 bucks/3 issues.

Frighten the Horses, Heat Seeking Publishing, 41 Sutter St. #1108, San Francisco, CA 94104. Non-fiction pieces, sexy fiction for ALL kinds of tastes, and news and reviews of the sexual revolution. Subs are \$16/4 issues.

Bad Attitude. P.O. Box 39110, Cambridge, MA 02139. mostly fiction, again by SM dykes. Some very strong and gripping stuff. \$24/6 issues.

<ltO>gt, c/o Dream Dresser, Inc., 1042 Wisconsin Ave., N.W., Washington, DC 20007. <ltO>gt is for those who love latex. Some of the most beautiful fetish holography I've ever seen. Subs are \$150 for six (legal-size, full-color glossy, 80-page) issues.

Venus Infers. 2215-R Market Street, Suite 294, San Francisco, CA 94114. \$8/issue. S/M magazine by lesbians for lesbians. Art, writings directed toward the Lesbian.

Appendix B

Basic Information and Interview Form

Part One:

1. What is your name?

What are your nickname and/or screen names?

2. Where do you reside?

City State Zip Country

Day telephone Night telephone

Pager Number Cell Phone Number

3. Employment

Occupation Employer

Work Address

Telephone

How long have you been with this company?

4. Statistics

☐ Single ☐ Married ☐ Divorced ☐ Other:

Your age:

How many children do you have?

Name (s) Age Gender

Are you separated or divorced? If so, for how long?

What is your relationship with your estranged spouse?

5. Can you travel? How often? Can you relocate?

Would you like your Master/Mistress (charge) to travel?

Would you like your Master/Mistress (charge) to relocate?

6. Do you drive?

Do you own a car?

Model	Year	License plate #
State	Is the car in good repair ?	

7. Do you participate in BDSM? If so, how many years have you been active?

☐ 20-30 years☐ 10-19 years☐ 5-9 years☐ 1-4 years☐ Under a year

8. Do you read BDSM related magazines/watch videos?

If so which ones?

9. Do you like your body?

Describe your body as detailed as possible (attach recent picture)

10. What is your sexual orientation?

11. Do you use any of the following ?

☐ Recreational drugs? How often?☐ Alcohol? How often?☐ Smoke cigarettes? How often?☐ Smoke cigar? How often?☐ Smoke a pipe? How often?**Part 2: Interests**

1. Is religion important in your life? Why or why not?

2. What are some of your likes and dislikes in

Music

Sports

TV

Reading material

3. What types of pet(s) do you enjoy?
4. Is having a child important to you?
5. Is your career vital to your future?
6. How often do you interact with your family (parents, siblings, etc)?
7. On a scale of 1 (plain) to 10 (stunning), how do you rate your physical appearance? Why?
8. How often do you expect sex in a committed relationship?
9. What type(s) of BD/SM activity are you attracted to?
10. Is travelling "to get away" important to you?
11. Do you have any significant allergies? (animals, smoke etc)
12. What medications do you take and how often?
13. Do you smoke?
14. Do you drink?
15. Do you snore?
16. Make the bed when rising in the morning?
17. Do you run on time or tend to be late?
18. What is your current favorite:
 - color
 - flower
 - song
 - joke
19. What "bad" habit are you prepared to change to serve your Master/Mistress?
20. What parts of your body are the most erotically sensitive?

What parts of your body would you most like to have pleased?

18. What parts of your partner's body would you most like to pleasure?
19. What parts of your body do you shave?
20. Can you masturbate and reach an orgasm whenever commanded to do so?

PART Three: BDSM likes and dislikes

Define Discipline

Define Punishment

your best bondage experience:

What are your bondage fantasies?

List three punishments that frighten you

What is your punishment fantasy?

Describe fisting

Are you trained to orgasm on command?

What are your experiences with tools used for striking?

List three things you would like to be trained in

Is your body marked in any way? If so, describe:

How would you react to being loaned to another Master/Mistress?

How do you know you are a submissive?

Part Four: Ds relationship questions

Are you prepared to make a total commitment ?

What are your views on multiple charges with one Master/Mistress?

What are your views on a contract between Master/ Mistress and charge?

What physical issues do you have? List medications.

What operations have you had? List dates.

What phobias do you have?

What is your preferred method of birth control and avoidance of STD?

When was your last HIV test? (Attach a copy of the results)

Is there anything else you think your Master/Mistress should know about you that might influence the relationship?

Part Five: Interest Checklist

Indicate how you feel about each item by saying yes, no or don't know:

SEXUAL

Anal intercourse		Genital to genital sex	
Penis worship		Giving head	
Double penetration (oral/anal)		Giving hand jobs	
Eating/swallowing ejaculation		Oral-genital relations	
Fisting (vagina)		Oral/anal play	

Fisting (anal)		Orgasm control	
Forced masturbation		Same-sex lovemaking	
Sexual deprivation		Threesomes: MMF	
Tasting your juices		Threesome: FFM	
Vaginal intercourse		Public nudity	
Video taped during relations		Public sex	

SENSATIONS

Being scratched		Face slapping	
Biting		Flogging	
Whipping		Hot wax	
Caning		Ice cubes	
Clamping		Spanking	
Cropping		Padding	
Electricity		Weights	

BONDAGE

Bed bound		Gags	
Body strapping		Handcuffs	
Breast bondage		Harnessing	
Chain bound		Rack bound	
Collars		Saran wrapping	
Intricate rope bondage		Shackles	
Leather restraints		Spreader bars	
Mummification		Straight jacket	
Cuffs		Suspension	
Duct tape		Thumb cuffs	

DRESS

Boot worship		Uniforms	
Foot worship		Latex clothing	
Corsets		Stockings and garters	
Costumes		Leather	

High heels	Infantilism	
-------------------	--------------------	--

BODY FUNCTIONS

Breath control	Physical examinations	
Enemas	Scat	
Golden showers	Urine tasting	

GENERAL CATEGORIES

Bestiality	Fantasy kidnapping	
Being branded	Fantasy rape	
Being cut	Following orders	
Being given to another Master	Foot worship	
Being hooded	Forced servitude	
Being licked	Getting massages	
Being shaved publicly	Giving massages	
Being shaved privately	Hair pulling	
Being tickled	Housework in the nude	
Blindfolded	Interrogation	
Butler	Kneeling	
Consort	Licking	
Diapering	Needles or darts	
Maid service	Phone sex	
Mouth bits	Piercing (permanent)	
Photographs of play	Piercing (temporary)	
Dressing as ordered	Pony	
Exhibitionism	Puppy	
Public humiliation	Being a spittoon	

Recruitment of other subs	Serving as a urinal	
Self photography	Swapping	
Self videotapes	Tattooing	
Sensory deprivation	Valet	
Being an ashtray	Verbal humiliation	
Being furniture	Videotapes of play	
Voyeurism	Wrestling	

Appendix C

Questions a Charge Asks of a Potential Master/Mistress

1. How do you like your coffee? Tea?
2. How long and what color is your hair?
 Favorite way to wear hair
 at home
 to receive guests at home
 for shopping
 going out to dinner
 going to a formal affair
3. What color are your eyes?
4. Does the Master/Mistress live with you or visit?
5. Is the Master/Mistress aware of your role as a Dominant and is he/she comfortable with your use of subs?
6. Will he/she be comfortable with my presence and service of you?
7. Will he/she be comfortable and expect me to serve him as a sub under a Dominant?
8. Are there any limits on my service to him/her?
9. Will my service to him/her include sexual service at times?
10. Will the limits in the following areas be honored?
 Those things that would cause death, injury, disease, legal issues
10. Do you have any live-in subs?
11. Does anyone else live in your home other than you, the Master and the children?
12. How old is everyone?
13. What town are you in?
14. What do you like to eat?

breakfast

luncheon

tea

supper

snack

15. How do you dress?

at home

for shopping

errands

dinners

formal affairs

16. How do you prefer your nails to be manicured?

17. What is your favorite perfume/aftershave?

18. What types of music do you and the Master like?

19. What type of entertainment do you and the Master like?

20. Do you prefer showers or baths? the Master?

21. Do you like breakfast in bed? how about other meals? the Master?

22. What is the normal routine during the day?

Appendix D

Sample Negotiation Contracts

These are not a legal contracts but are provided as a basis for negotiation between partners.

EXAMPLE ONE

Of my own free will, as of _____ I, charge _____, hereby grant you, _____ full ownership and use of my body and mind from until _____.

I acknowledge you as owner of my body and as my Master. By virtue of agreeing to this contract I acknowledge that will serve your needs, obey your orders, accept your domination and to please your desires.

I will obey you at all times and will wholeheartedly seek your pleasure and well being above all other considerations. I will renounce all rights to my own pleasure, comfort, or gratification except insofar as you desire or permit them.

I will strive diligently to re-mold my body, my habits, and my attitude in accordance with your desires and to my benefit. I will seek always to learn how to please you better and will gracefully accept correction.

I renounce all rights to privacy or concealment from you.

I will answer truthfully and completely, to the best of my knowledge, any and all questions you may ask of me.

I understand and agree that any failure by me to comply fully with your desires shall be regarded as sufficient cause for possibly severe punishment or release.

Within the limits of physical safety and my ability to earn a livelihood and to rear my children, I otherwise unconditionally accept as your prerogative what you choose for me, whether as punishment, for your amusement or for whatever purpose.

Date

Charge

Date

Master/Mistress

Date

Witness

Date

Witness

EXAMPLE TWO:

Of my own free will, as of _____ I, charge _____, hereby grant you, the Dominant _____ full ownership and use of my body and mind from until _____. I acknowledge you as Dominant.

By virtue of agreeing to this contract I acknowledge the following:

I will accept your domination

I will obey your orders

I will serve your needs

I will please your desires

I will obey you at all times and will wholeheartedly seek your pleasure and well being above all other considerations.

I will renounce all rights to my own pleasure, or gratification except as you desire or permit.

I will strive diligently to re-mold my habits and my attitude in accordance with your desires. I will seek always to learn how to please you better and will gracefully accept criticism.

I will answer truthfully and completely, to the best of my knowledge, any and all questions you may ask of me.

I understand and agree that any failure by me to comply fully with your desires shall be regarded as sufficient cause for possible punishment.

I will be permitted to keep and obtain charges of my own. While in the presence of my charges I have no regard for the pleasure and gratification rules to you. (This paragraph is only for switches.)

Within the limits of physical safety, my ability to earn a livelihood, I otherwise unconditionally accept myself, as your property, things you choose to do with me and for me, for your amusement or for whatever purpose.

You, as Dominant, will agree to keeping within the limits of decorum prescribed in a list of will not and will do that will be forwarded to you by your charge that can only change after mutual discussion between _____, the Dominant, and _____, the charge.

You as Owner agree to acknowledge and honor the use of three safe words.

One for bathroom

One for discomfort

One for not being able to handle the session to stop talk and continue

You as Dominant will not put or arrange for permanent markings on the charge's body without first consulting said charge.

You as Dominant will not share or sell the charge unless terms of this contract are not upheld and you and charge have discussed it first. You as Dominant may terminate the contract before its ending date.

Date

Charge

Date

Master/Mistress

Date

Witness

Date

Witness

Appendix E

Master to Slave Demands

Master's Instructions to a Slave

You are solely my slave.

Your goal and purpose in life from now on is to serve my pleasure.

You will at all times wear a slave collar symbolizing your status as my personal property. You will not handle or attempt to remove the collar other than at my direct command.

You will submit to any body markings that I choose to place on your body to proclaim your slave status or to enhance your appearance.

You will acknowledge that you are my slave and that I am your Master whenever you are asked. You will identify me as your Master when making introductions.

You will greet me with the words "Master,!" whenever you meet me. You will come quickly to me and kneel before me whenever I enter the room.

You will strip and remain naked whenever we are together.

You will shave or otherwise remove the hair from your genital area, your legs and under your arms. You will keep these areas smooth and stubble-free at all times.

You will never wear panties, pantyhose, or any undergarment that covers or conceals any part of your shaved genital area.

You will dress to keep your buttocks on display to the limit of the law; at all times it must be possible for a casual observer to see the full shape of your buttocks, hips and thighs.

You will wear only skirts no longer than midway between your genital area and the top of your kneecaps.

You will wear only pants or shorts that are completely skin-tight, specifically in the crotch, conforming to and revealing the shape of your genital area and conforming to your buttocks and the division between them.

You will dress for all social gatherings outside the living quarters to be the most sexually provocative female present. Exception: you will keep one conservative outfit for dealing with government officials.

You will expose and display your naked breasts or shaved genital area to anyone at any time at my command.

You will wear mostly leather clothing. You will choose leather that is thin, soft, and glossy, not bulky or stiff. You will also wear shiny, stretchy fabrics, shiny soft silks, sheer fabrics, stretchy lace, and very soft clinging knits.

You will actively seek out and present for my approval sexually provocative clothing and accessories. You will study the art of clothing design, and actively create new designs for sexually provocative garments.

You will wear anything I place on you, whether clothing, jewelry, corset, or restraints, until I remove it or order you to remove it.

You will undergo surgical sterilization to permanently avoid becoming pregnant.

You will keep your entire body perfectly clean and free of bad odor at all times.

You will wear your hair very long, and will style and maintain it to enhance your attractiveness and sex appeal.

You will use facial makeup sparingly, choosing subtle combinations. You will always wear red lipstick and nail polish as a visible symbol of your sexual openness.

You will exercise regularly to meet the strength and endurance requirements I establish for you.

You will control your weight and measurements and clothing sizes to meet my requirements. You will neither gain or lose more than five pounds or more than one inch at bust, waist, hips, or thighs, or one shoe size.

You will maintain good posture at all times, keeping your head up, your back straight, your shoulders back thrusting your breasts up and forward, and your stomach in.

You will study and practice the art of fellatio in all its variations. You will perform fellatio with verbal command or at my gesture.

You will study and practice the arts of massage, including all ways of sexually stimulating me with your hands. You will acquire and maintain a collection of creams, oils, and lotions for use in massaging my body.

You will study and practice the art of French kissing. You will always accept kisses with your mouth open and you will never break a kiss. You will invite intrusion by tongue, and use your tongue to stimulate my mouth.

You will study and practice the art of sexually provocative walking. You will swivel your hips, strut, and flaunt your femininity whenever you walk in my presence or in public.

You will practice kneeling to acknowledge your slave status in the proper slave posture: knees apart, back straight, hands on outer thighs, elbows back, breasts lifted and thrust forward.

You will keep your eyes lowered, directed below my waist, when in my presence.

You will study and practice the arts of double-entendre and wordplay. You will practice the use of teasing sexy talk before and during any time spent with me to enhance my pleasure.

You will study and practice the uses of all of your sex toys, and offer them to me for use whenever appropriate. You will actively seek out new sex toys and suggest them to me.

You will submit to bondage at any time and any place. You will place yourself in self-bondage or restraints at my command.

You will keep all bondage equipment neatly stored and ready for use. You will clean, maintain, and repair all bondage equipment.

You will submit to use of tools on your body at any time and any place. You will place yourself in position for this usage at my command.

You will keep all tools and equipment neatly stored and ready for use.

You will clean, maintain, and repair all tools and equipment.

You will remember punishments I impose on you, remind me of them, and request performance of them.

You will wetly kiss each whip and each piece of equipment when offering it to me for use or before using it upon yourself, and before storing it after use. You will thank me each time I use a tool or equipment on you.

You will maintain and wear in public, a collection of slave earrings, necklaces, bracelets, anklets, and pins depicting explicitly sexual figures, images, and symbols. These will include penises, testicles, vaginas, breasts, and nipples, and figurines engaged in intercourse, fellatio, bondage, and whipping.

You will maintain and wear in public a collection of slave earrings, necklaces, bracelets, anklets, and pins with punning or explicitly sexual words and figures

You will study the art of jewelry design. You will actively seek out and create new designs for public slave jewelry,

You will submit yourself to any man I designate for his sexual pleasure, for fellatio or intercourse or bondage or use of tools on your body. You will obey such a man as you would me, and actively work to sexually arouse, stimulate, and satisfy him. You will remember and record the actions and responses of all such men.

Immediately after having intercourse by any other man, you will douche carefully with a disinfectant detergent solution.

You will submit yourself to any woman I designate for her sexual pleasure, for cunnilingus, bondage or use of tools on your body. You will obey such a woman as you would me, and actively work to sexually arouse, stimulate, and satisfy her.

You will study the methods of lesbian sexual intercourse and apply them to such women. You will remember and record the actions and responses of all such women.

You will masturbate on command, to orgasm or multiple orgasms, with or without the use of vibrators, dildo, and other sexual toys, on command, for my amusement. You will stop masturbating on command.

You will study and practice the arts of on-stage sexual performance before live audiences. You will actively seek out opportunities to perform live sex acts on stage.

You will keep a slave diary recording everything that you do and everything that I do to you, and your feelings, moods, and reactions. You will record in it all observations and researches that I may require of you.

You will keep this diary available to me at all times.

Master

Glossary

Abacist: One who follows the ways and teaching of the ancient Aba cult of Central Europe. (Now rare)

Abuse: The wrong and improper use of a submissive mental, physical, or sexual.

Age play: Interactions based on age-specific role-playing. Some of the most common are student and teacher, parent and child.

Anal: Any activity, including penetration, involving the anal area.

Asphyxiation: Being sexually aroused from lack of oxygen

Bestiality: Any activity, which includes an animal for sexual gratification.

BD: Bondage and discipline: Bondage meaning being bound by means.

Discipline, meaning the in this case physical activities other than bondage.

BDSM: 1) an umbrella term used for BD, Ds and SM

2) Boston Dungeon Society Member

Bi-sexuality: The sexual attraction to both sexes

Binding: Extreme form of bondage, usually focused on a single area of the body, with wide strips of cloth or tape.

Blood Sports: Techniques used during BDSM sessions where there are breaks in the skin and blood is allowed to escape.

Bondage 1. Being under authority or control of another, to show allegiance to.

2. Restricting movement by physical mean (ropes, chains, cuffs) or mentally by psychological control or commands. It is not necessarily uncomfortable or painful, though it can be. It comes from the Old English word *bonda*, which means husbandman (farmer)

Body worship: Where the charge is made to adore the Master/Mistress' body.

Bottom: A person under the direction of a Dominant during a session. Also known as the passive partner.

Branding Application by burning of a permanent mark to the body.

Buggery: Anal sex

Butt Plugs: Anal insert tools used for stimulation or punishment.

Caning: Whipping by use of cane or switch to punish a charge

CBT: Cock and ball torture

Charge: An individual committed to the control and training by a Master/Mistress (a classic European term). This means he as my beloved is in charge of all areas of life. The Master/Mistress cares for the charge and makes sure the charge wants for naught. In return, the charge cares for the Master/Mistress, does things as the Master/Mistress wishes to even making a scotch and soda or learning French and the evaluation of fine wines, etc. For Master and charge there is only love and devotion to each other. It is a loving, gentle way because there is so much communication. Many do not

understand that is OK, that there are many forms of Ds out there, but without the basis of respect, love and communication, a relationship can falter or disintegrate completely. This is sad.

Charte': The life companion to a Grand Master.

Clamps: Fasteners made from a variety of materials used on the body.

Collaring: A significant act of submission in which the submissive wears a token (collar bracelet, tag or other such item), as an outward sign of respect and honor to the Master/Mistress or house.

Cock and ball training: Play on a male submission on penis (cock) and testicles (balls). This can include use of rings, cages and special male genital restraints to enclose. It can also include use of sticking tools. Some males submissive also like cock and ball play to include humiliation.

Cock rings: Rings placed on the penis to maintain erection.

Consensual: Agreed to by all parties.

Co-ownership: When more than one person has responsibility of a charge.

Corset training: Wearing a corset over an extended period of time to physically alter torso measurements. Also known as corseting.

Cross dresser: One who gets enjoyment from donning of clothes of the opposite gender.

Cross gender: Personal exchange of opposite gender.

Cultist: One who follows the specific teaching or ideas of a singular group or organization.

Cupping: The drawing of blood to the skin by placing heated glass jars or glasses on the skin.

Cutting: A technique where cuts are carefully made on the skin to produce an aesthetically pleasing pattern and stimulation to the person it is being done to. Sometimes the cuts are made into permanent markings by placing sterile foreign substances in them before healing.

Decorative binding: Use of rope or cord to bind a portion of the body where struggle will not cause the binding to tighten or cut the person.

Degradation: The act of degrading another. In BDSM a form of humiliation.

Denial: Not letting a charge have sexual release.

Devices: tools or implements used during sessions

Discipline: 1) The ritual and ceremony of daily life; 2) A stimulus, which is applied, is considered painful.

Domestic: The taking care of the home and the personal items of the Master/Mistress.

Dominatrix: A Mistress who is paid for topping a submissive (see Mistress)

Ds-dominance and submission: Where gratification is gained from domination or submitting to another person on an emotional or mental level. This may be a purely emotional or mental state and not include physical contact.

Dominate an individual with strong dominant tendencies who exercises their authority over another. This person in Ds who controls, governs or rules.

Dungeon: Area in which BDSM sessions usually happen with used of large equipment.

Edge play: 1) Mental play that takes the mind up to and sometimes past limits; 2) Physical play that takes the body up to and sometimes past limits; 3) Knife play.

Edge player: Person who participates in Edge play.

Endorphins: A chemical released by the brain that deadens pain.

Enema: 1) Stimulation by the insertion of fluids into the rectum; 2) The use of fluids to clean the rectum.

Enslavement: The letting of another in BDSM take over all areas of one's life.

Eunuch: A male who has undergone the removal of testicles or penis and testicles. Eunuchs have been around since ancient times, in Cyber and Greece as temple priests. In the slave trade it was common to castrate male slaves and then they were used as guards, servants, and managers. In the Orient males also were castrated. The use of eunuchs in harems goes back to the seventh century and is still in practice today.

Family: Those who are the protectors or owners of a charge.

Fellatio: oral sex on a male

Fetish: An item, associated thought or particular act associated with this lifestyle.

Fetish wear: Garments or apparel often associated with this lifestyle. Fetish wear may be leather, rubber, latex or something as simple as a schoolgirl's outfit of cloth or a Nun's habit. Often an individual associates a particular "outfit" with a significant detail of their life or from an association found only in their subconscious mind.

Fisting: Fisting also known as hand balling, is the insertion of the hand into the vagina or anus. Double fisting can either be insertion into the vagina and anus at the same time or two hands into the anus at one time.

Gags: insertion for the mouth that denies speech.

Go Word: A single or word from the bottom letting the Top know it is ok to move on to the next level of stimulation.

Golden Showers: 1) Urination on another human; 2) Urination into another persons mouth, vagina or anus; 3) Consumption of Urine

Hermaphrodite: Where the individual has both male and female genital characteristics due to the body producing irregular amounts of hormones during prenatal development.

Humiliate: To lower the pride or dignity of a person. To humble another through acts of humiliation.

Implements: Any item used for BDSM sessions.

Lifestyle: Those who live Ds relationships all the time.

Limits: 1) the highest point a bottom will go in any one area; 2) Things a charge will not do under any circumstances.

Loan: The lending out of a charge to another Master/Mistress.

Maid (See domestic): The cleaning and taking care of the home of a Master/Mistress.

Marking: The placing of marks on the body to show ownership. Usually done by tattoo, brand or piercing.

Masochism: Sexual excitement and satisfaction depending largely of varying amounts of physical pain, whether by oneself or another. Comes from Leopold Von Sacher-Masoch, Austrian novelist (1836-1895)

Masochist: an individual who derives pleasure from and in the acceptance of pain of varying amounts as administered by another individual. As with a sadist the masochist may either be dominant or submissive or simply enjoy the sensuality of the act as a personal fulfillment.

Master: 1) A trained male dominant (See Trainer); 2) A term of endearment for your partner.

Mistress: 1) A trained female dominant (See Dominatrix) (See Trainer); 2) A term of endearment for your partner.

Multiples: Having more than one partner. Subs Master/Mistress.

Negotiation: Exchanging of ideas, needs, wants and desires before beginning a relationship or before a session with someone other than your partner.

Novice: A person just starting out in Ds. One who is learning.

Over the knee (OTK): Any activity done over the knee. Traditionally refers to spanking.

Panic Strap: A linking safety device used in Bondage that allows for fast release.

Piercing: 1) The puncturing of the skin with a sterilized needles with often the addition of rings or other items in the perforation as body ornaments; 2) The permanent puncturing of the skin also known as ringing.

Player: An individual who occasionally takes the role of Master/Mistress or submissive. The player tends to have little or no training and is usually involved for the thrill and in many cases as a means of sexual conquest.

Pony: The art of turning a human into a pony or horse.

Post OP: A transvestite after sex change operation

Posting 1) To be confined to an upright object (post) for discipline; 2) The insertion of an object in a stationary manner into the anus or vagina.

Positioning: The postures of Ds done in a graceful manner

Posturing: The art of stances in Ds to show submission

Pre OP: A transvestite on hormones before being operated on

Punishment: 1) The being corrected for an error in Ds; 2) Sessions using tools in SM

Puppy: The art of turning a human into a puppy, dog or bitch.

Real Time (RT): Used to define real-life, face to face situations, as opposed to online or telephone, or even fantasy.

Release: 1) Slang term for orgasm; 2) The discharging of a charge at the end of a relationship

Role-play: Sessions where the partners take on roles. Some common roles are that of teacher and pupil or, parent and child.

Sadism: The act of deriving sexual satisfaction from the infliction of extreme pain on others. Comes from Comte Donatien de Sade (1740-1814)

Sadist: An individual who finds personal enjoyment in the giving has varied amounts of pain to another individual. A sadist may be either a dominant or submissive laboring under the direction of another.

Safe word: A word or phrase that when used stops a session.

Scarification: The cutting or burning of the body to leave a scar

Scat: Slang term for Scatophilia, the taking of pleasure from playing with or consuming feces.

Scene: 1) Term used by many players as the catch-all phrases for Ds, BD or SM activities; 2) Slang term for a session.

Sex slave: A charge trained in the art of lovemaking.

Slave: An individual who dedicates themselves physically, sexually and mentally to another individual often without emotional or a loving attachment.

SM-Sado masochism: Play that involves physical stimuli in the varying amounts of pain the pleasure is derived by the masochist. SM can be in conjunction with in an ongoing relationship or accomplished with a stranger.

24/7: (24 hours 7 days a week) For realists, this is a committed relationship where the partners behave in accepted ways to complete the tasks of the day.

Submissive: An individual with strong tendencies of yielding or surrendering to another. A person who allows themselves to be subjected, or to acquiesce.

Subspace: A trance-like condition experienced by some charges during interaction. It is a physiological condition brought on by release of endorphins.

Suspension: The raising of a bottom above ground by any number of means either inverted, sideways or head up.

Tagging: A permanent charm or other piece of jewelry put on the charge to show ownership.

Tattooing: The marking of the body with needles and dye.

Toys: The term covers many applications and are associated with such items as flogger's restraints and other devices.

Trainer: People who teaches either a submissive or dominate the art of DS (See Master/Mistress)

Transsexual: One who believes they were born of the wrong gender and have chosen to live as the gender of choice rather than birth.

Transvestite: One who dresses frequently in the usual apparel of the opposing birth gender.

User: 1) A person who utilizes a charge during a session; 2) A person who, for his or her own gain uses a charge.

Utilization: The using of a charge in any manner.

Vampirism: 1) The use of biting during sessions; 2) A cult form of BDSM where there is consumption of blood.

Vanilla: Individuals who do not prescribe to Ds or BDSM in their relationships with their partners.

Water sports: BDSM play involving urine.

Waxing: BDSM play where hot wax is put on the body and then removed.

Webbing: A form of bondage that comes from Japan.

Soduire



Soduire has been a lifestyle practitioner of Ds for thirty years. She is Charte' of Master William and mom to a large family. She follows the traditions of European Ds philosophies; gentility, grace, and inner beauty. She is a Training Mistress of renown in the US and in the UK.

Soduire hold seminars and offers presentations in ladies' issues, pony training, whips, posture and service, waxing and shaving privately and for organizations in Baltimore, New York, London, Detroit, Chicago, St Louis, Atlanta and California.

Soduire designs leather goods including harnesses, pony gear and other lifestyle related equipment. She custom designs sensual feminine clothing of material and leather. In her spare moments, Soduire tenderly cares for her roses, which she holds dear. She holds Bachelor's Degrees in Sociology and Clinical Psychology and a Masters Degree in Special Education. Soduire also holds a Degree in Theatre and Stagecraft, all of which are very relevant to the lifestyle. More important, Soduire is degreed in life and the lifestyle which she holds so dear in her heart.

An excerpt from "La Laisse"

"The mind is the most important tool of Ds. For without the mind there is no dominance or submission. The mind in itself lets the charge have the freedom to be who and what they are for one very special Master/Mistress. They work toward the building and gaining of trust for their Master/Mistress. The charge must know and understand the Master/Mistress will not let harm come to them either physically or mentally."

Comments from readers

"Soduire offers a wealth of experience, knowledge and understanding of the D/s lifestyle. Her thirty years as both Mistress and charge brings to this book both a common sense and safety oriented approach to D/s. Highly recommended to both the novice and long term life style participants."

- William Hall

"Soduire has lived, in reality, a lifestyle that many dream and fantasize about and few ever visit. It is about an art of living that, for most, has long been forgotten in the face of the rigors and stresses of modern life. It demonstrates grace and style, and an extraordinary gentleness that is mighty in its depth and consistency. This book is a handbook for anyone interested in exploring the cultured, graceful, and everlasting aspects of a Ds lifestyle."

- Anne Karam

"This book is an excellent read and provides reference that is seldom presented. Over the years I have come to know Soduire well and know what is presented is how she operates her life and guides others in this lifestyle. I highly recommend this book as a =must= read for anyone wanting to round out their understanding of this lifestyle."

- William Miller
BDSM Central.com



La Maison du Raison
1442 E. Lincoln Ave.
Suite 107
Orange, Ca 92865

ISBN 0-9671267-0-6



6 1 7 5 0



9 780967 128702